

# Tips to Helping Children Mourn

## 1. **Allow Children to Talk About Their Fears and Express Their Grief**

- Encourage children to share their feelings and thoughts. They might express their grief through crying, drawing, or other creative outlets.

## 2. **Keep the Children's Routines the Same as Usual**

- Maintaining regular routines provides structure and consistency, which can be comforting during times of change and loss.

## 3. **Encourage Them to Play and Laugh**

- Play is an essential part of a child's healing process. It allows them to express emotions and find joy even in difficult times.

## 4. **Limit Their Exposure to TV and News Reports**

- Reducing exposure to potentially distressing news helps protect children from additional anxiety and fear.

## 5. **Encourage Them to Get Adequate Rest and Eat Healthy Meals**

- Ensure that children get enough sleep and have a balanced diet to support their physical and emotional well-being.

## 6. **Limit Their Exposure to Age-Inappropriate Conversations**

- Protect children from conversations that are not suitable for their age to prevent unnecessary stress and confusion.

These strategies can help create a supportive environment for children as they navigate their grief.