

Seven Steps to Remember in a Child's Grieving Process (Regardless of the Type of Loss)

1. Children need to be informed to make sense of the reality of the loss.
2. Children need to experience and feel the pain of the loss.
3. Children need time and space to express their sorrow through tears, talking, art and play.
4. Children need to identify and express their range of feelings.
5. Children need to know why others are sad and why they themselves are feeling sad. Truth and understanding bring clarity (i.e. be specific: "My sadness is because of the death, divorce, disaster, addiction, violence, etc. ...").
6. Children need to remember, revisit, review and relinquish their loss at each developmental stage of life, to the extent that their current understanding of loss allows.
7. Children need to participate in rituals of remembering as a healing tool.

Communication, information and a safe, supportive environment provide children the time to absorb the loss and reconstruct their new world. Grief is unique to each child, and the time for integration of loss is theirs alone.

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