

# Children's Natural Grief Responses

These are all **NATURAL** and **NORMAL** grief responses. Talking and crying are important parts of healing process. *If these symptoms persist, or increase in frequency, severity or duration, a physician or counselor should be consulted.* If you are a friend or family member of a child who is grieving... listen when they need to talk... offer support when they need to cry.



## Typical Reactions to the Death

- Confusion about the circumstances leading to the death
- Trouble with falling asleep, staying asleep, or sleeping too much
- Change in eating habits (eating more, eating less, or eating more junk foods)
- Crying often or unwilling to cry in front of others
- Decreased interest in (or withdrawing from) friends, family, sports, normal activities
- Difficulty concentrating, or forgetting things
- Health problems such as stomach aches, headaches; frequent colds
- Poor judgement or self-control: Impulsivity or self-destructive behaviors
- Problem with parents, teachers, or other authority figures
- Dreams about the person who died, or an increase in nightmares
- Intrusive thoughts, remembering images about the death or memories of the person
- Changes in academic performance (grades drastically dropping or improving)
- Wish to be with the person who died\*

*This is different than having thoughts of ending your life*

**\*Suicidal thoughts or talk should be taken seriously and require professional attention**

## Children Suggest these Ways to Cope with Grief Feelings:

- Talk with someone you trust
- Exercise, play sports or dance
- Listen to favorite music or music that reminds you of the person who died
- Find a way to have some fun, see a funny movie, TV show or videogame
- Make a list of your strengths, things you like about yourself
- Practice deep breathing: Count to 10 when you feel stressed, angry and/or overwhelmed
- Take a walk at the beach or somewhere in nature
- Wash your face with cool water
- Scream into a pillow, or into a backpack, or punch a pillow or stuffed toy
- Paint or draw a picture
- Journal, write a poem or letter to the person who died

Call Teen Line Number

- 800-TLC-TEEN
- or crisis intervention line:
- 800-999-9999

Call **OUR HOUSE** for grief support:

- West LA Location: 310-473-1511
- Woodland Hills Location: 818-222-3344



OUR HOUSE grief support groups reduce the isolation that grieving children experience and give them the support they need to move forward in their grieving process.

# Reacciones Típicas de Duelo en los Niños

**T**hese are all NATURAL and NORMAL grief responses. Talking and crying are important parts of healing process. If these symptoms persist, or increase in frequency, severity or duration, a physician or counselor should be consulted. If you are a friend or family member of a child who is grieving... listen when they need to talk... offer support when they need to cry.



## Reacciones Típicas ante la Muerte

- Problemas al dormir, quedarse dormido, o un aumento de dormir
- Cambio en hábitos alimenticios (comer más, comer menos, o comer más golosinas.)
- Sentir cansancio
- Llorar con frecuencia o no poder llorar
- Disminuye el interés o se retira de los amigos, la familia, los deportes y actividades normales
- Disminución y/o pérdida de concentración, olvidadizo
- Problemas de salud tales como dolores de estómago y de la cabeza
- Conductas impulsivas u otras conductas autodestructivas
- Problemas con los padres, los maestros o con otras figuras de autoridad
- Sueños acerca de la persona que murió o un aumento en pesadillas
- Pensamientos intrusos, recordando imágenes acerca de la muerte o recuerdos de la persona
- Cambios en el rendimiento académico (las calificaciones empeoran o mejoran drásticamente)
- El deseo de reunirse con la persona fallecida o pensamientos de suicidio\*

\*Los pensamientos o conversaciones acerca del suicidio deben tomarse en serio y siempre requieren de atención profesional.

## Sugerencias de los Niños para enfrentar el Duelo:

- Platicar con alguien de confianza
- Hacer ejercicio, practicar deportes o bailar
- Escuchar su música favorita o la música que le recuerde a la persona que murió
- Encontrar una manera de divertirse, reír, ver una película divertida o un programa de televisión
- Hacer una lista de sus cualidades positivas y fortalezas, y las cosas que le gustan de sí mismo
- Hacerse voluntario (por ejemplo: en un refugio para animales, hospital, escuela, etc.)
- Caminar en la playa o en algún lugar en la naturaleza
- Lavarse la cara con agua fresca
- Gritar en una almohada o en un morral
- Pintar o dibujar
- Escribir en un diario, escribir poemas o una carta a la persona que falleció

Llamar a la línea de la intervención de crisis para adolescentes al 800-999-9999

Llamar a OUR HOUSE para recibir apoyo: 310-473-1511 o 818-222-3344