

## **Helping Your Child Cope with Death**

As you speak to your child about loss and grief, here are some helpful suggestions:

- Be brief and honest about what has occurred. (There was an 8<sup>th</sup> grader who passed away.)
- Validate any emotions your student may express. Grief is different for everyone, but some common emotions can include; anger, denial, sadness, and shock. (This information is very shocking, I understand you feel angry right now, it's ok to be sad- losing someone isn't easy.)
- Give them your undivided attention. Take time out of your day to have this conversation and focus all your attention on it and your student. Stay with them while they take time to understand what you've said and answer questions as honestly as you can.
- Check in periodically with your child to see how they are doing, they may experience a wide range of emotions, or only a few. Know that either is normal.
- Reach out for support. Counselors are available in all school buildings for you and your student.
- Normalcy may be needed for your child, as they may need to feel the security of structure and routine, and that is certainly acceptable as a coping mechanism as well.