



How to Help a Grieving Child During the Holidays

- You might feel like "forgetting" the holidays all together. That's okay. Sometimes it's too much. But it is also important for children to know it is okay to celebrate and enjoy the season. Talk with them and see how they would like to observe the holidays - or not.
- Talking about the deceased person can help children cope and it gives them an opportunity to share memories.
- Discuss how the holidays will be celebrated. Will old traditions continue? Will there be new traditions? Allow the child to have some control and input in the decision making.
- Help normalize the child's feelings. Children grieve in spurts so allow time for fun and laughter. Let the child know it is not disrespectful to their person to have a good time and laugh.
- Create ways to honor and remember the deceased. Some ideas are make an ornament / gift, light candles, cook their favorite meal, or give to others in the deceased's honor.

Compiled by Good Grief of Northwest Ohio

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