

# Addressing Grief: Tips for Parents

- **Acknowledge the loss and the emotional upset.**

Be available to your child. If you don't know the right thing to say, just listen. Acknowledge that we don't always have answers to why these things happen.

- **Provide a reassuring environment**

Encourage your child to experience the loss in the way that's most comfortable for him or her. Some people are open about their feelings, while others prefer not to talk about them or may only want to talk to their peers.

- **Maintain a normal routine in your activities, when possible**

Encourage your child to follow normal routines as much as possible. Offer them practical support—like helping with homework and catching up on assignments. Help your child understand that it's not helpful to engage in speculation and rumors. Share an experience you might have had with bereavement and what helped you cope.

- **Help your child find support**

Starting on 3/18, Graham Middle School will have grief counselors on hand to talk with any student, teacher or staff member who may need to during this incredibly difficult time. Free drop-in counseling services will be available over the weekend for individuals ages 12-25 at Allcove: 2741 Middlefield Road, Suite 102, Palo Alto, CA 94306 or [allcove.org](http://allcove.org)

**If you or your child are in crisis, don't hesitate to call 911 or for non-emergencies call Bill Wilson's Center 24/7 Teenline which provides 24-hour supportive listening for any reason: 1-888-247-7717**

## Possible reactions to loss that need more immediate assistance:

Possible Reactions to Watch Out For:

- Poor school performance
- Anxiety
- Depression
- High risk behaviors such as substance use
- Emotional numbing
- Suicidal ideation

For more information and resources, double click on the ribbon above.

Resources from the *National Association for School Psychologists*

