



Misconceptions about Helping Grieving Children

Since 1980, Amanda the Panda has delivered love and caring through innovative services such as weekend grief camps, support groups, fun days, school visits and holiday support to inspire hope and healing after the death of a loved one. For more information, visit:

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Misconceptions

1. I won't say or do the right thing.
2. They won't talk about it.
3. I might upset them.
4. They need to keep busy.
5. Getting rid of reminders helps.
6. I won't mention unless they do.
7. Once they've felt angry or guilty, that should be the end of it.
8. It is morbid to want to touch or talk about the body.
9. It is easier to use terms like "passed away" or "gone to heaven."
10. If they are not expressing grief, children aren't grieving.

Facts

1. There are no right answers. Saying something acknowledges their grief.
2. That's often all they want to talk about. Let that be their choice, not yours.
3. They are already upset and being upset is healthy.
4. New activities confuse them. Not thinking about it delays their grief.
5. It tells them it's wrong to think of the person who died.
6. It suggests it isn't okay to mention the person or that there is something bad about them/their death. They may feel hurt and sense your discomfort.
7. Phases are circular and each implication of the loss must be grieved accordingly.
8. It is healthy and concrete. It is a good way to say good-bye and make the death real.
9. These confuse and frighten the children; "dead" is better.
10. They may not know how to express their grief. They may not have been given permission for that. They may be worried about upsetting others.