



Children and Teens and Grief

Children and Teens grieve too and when we are grieving, it is easy to overlook the needs of our children and teens. This is not a judgement. Its just normal. When we are suffering, we naturally focus on ourselves and our suffering. Below are some resources to help you help your children and teens. Click on the first five resources to access them.

[Navigating children's grief](#)

[Words that can Help Hurt](#)

[Do's/Don'ts for Grieving Children](#)

[Tips for supporting Grieving Children](#)

When Children Grieve – 7 Strategies to help them cope

<https://www.positiveparentingsolutions.com/strategies-for-grieving-children/>

Tips for parents of children in crisis

<https://tipsandiego.org/pdfs/TipsForParentsofChildreninCrisis.pdf>

Helping children with Grief

<https://www.wgu.edu/blog/helping-children-grief2004.html>

Tips for Helping Teens

<https://tipsandiego.org/wp-content/uploads/2022/08/ChildrenTeens-How-To-Cope-After-Tragedy-Strikes-Tips-for-Teens.pdf>

Elizabeth Hospice offers free counseling for children

<https://elizabethhospice.org/grief-support/children/>

For more resources, support groups, and Catholic therapists contact rich at hello@thechurchofstluke.org