



# What Bereaved Children Want Adults to Know about Grief

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1. Allow children to be the teachers about their grief experiences.
2. Don't assume every child in a certain age group understands death the same way or has the same feelings.
3. Healing in grief is a process, not an event.
4. Don't lie or tell half-truths to children!
5. Don't wait for one big tell-all to begin to help children understand death.
6. Encourage children to ask questions about death.
7. Don't assume that children always grieve in some kind of orderly and predictable way.
8. Let children know that you really want them to understand.
9. Don't misunderstand what may seem to be a lack of feelings when someone loved dies.
10. Allow children to participate in the funeral.
11. Don't forget about the concept of magical thinking.
12. Remember that feeling relief doesn't mean a lack of love.
13. Realize that children's bodies react when they experience grief.
14. Don't feel bad when you can't give children total understanding about religion and death.
15. Keep in mind that grief is complicated.