

## **How Can I Help My Grieving Child?**

At The Children's Room, we believe that within each of us is the capacity to heal, and that support helps in the grief process. You may find that you are yourself so shaken by the grief of your loss that the normal responsibilities of parenting/caregiving to be almost more than you can manage right now. The added pressure of supporting your child(ren) through grief is another big challenge.

The good news is, you don't have to do it alone. By coming to a support group such as the ones offered at The Children's Room, you're making an important choice to seek additional support for your child and for yourself. You're also modeling that it is okay to talk with others about your loss and to seek support in this way. This is a big gift for your child.

Finding places where your child can talk about his or her experience of loss is critical. Sometimes children, sensing their parents' distress, may be reluctant to share all that they are thinking and feeling in hopes of protecting their parent from further grief and burden. Groups at The Children's Room, family, friends, clergy, and mental health professionals may all be resources for your child.

You may find yourself tempted to prioritize your child's well-being over your own, but getting support for yourself is a key part of supporting your child. Your capacity to care for your child at this very painful time will be greater if you're taking care of yourself too. We hope that being together with other parents at TCR, all of who are dealing with the layers and complexities of losing a spouse or a child, will be a support to you.

**Caring support for grieving children, teenagers, and their families.**

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