



The Children's Room
caring grief support for children, teens, and families

How can I help my grieving child/teen?



At The Children's Room, we create safe, supportive communities so that no child, teen, or family has to grieve alone. You may find that you are so overcome by the grief of your loss that the normal responsibilities of parenting/caregiving are almost more than you can manage right now. The added pressure of supporting your child/teen 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, or by attending our Parenting While Grieving series, you are making an important choice to seek additional support for your child/teen and for yourself. You are 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/teen.

You may find yourself tempted to prioritize your child/teen's well-being over your own, but getting support for yourself is a key part of supporting your child/teen. Your capacity to care for your child/teen during this difficult time will be greater if you are taking care of yourself, too. Sometimes children and teens sensing their parents/caregivers' distress, may be reluctant to share all that they are thinking and feeling in hopes of protecting their parent/caregiver from further grief and burden. Finding places where your child/teen can talk about his or her experience of loss is critical. Groups at The Children's Room, family, friends, clergy, and mental health professionals may all be resources for your child or teen.

We hope that being together with other parents/caregivers at The Children's Room, all of whom are dealing with the layers and complexities of losing a spouse/partner or a child, will be a support to you.

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