

### Things you can do to help

1. Understand. Allow and encourage the child to express grief in appropriate physical ways. Ask the child to draw a picture about how they feel. Have them draw the picture with the happy ending they hope for. Talk to them about the picture, encouraging them to discuss their feelings.
2. Read books to the child about death and loss.
3. Remember that any expressed anger is not directed at you but at a situation the child does not understand and cannot control.
4. Ask for counseling help for yourself and/or your child when you feel it is necessary.

### 10 Things to watch For

1. Roller coaster emotions. Emotions can be volatile separated by only minutes of highs and lows. Emotions may be expressed through actions, not words.
2. Hidden emotions. Children can be masters at hiding feelings. They may become especially "good", believing that will make everything normal again.
3. Replacing what is lost with something new. A new puppy or toy will only mask the grief and delay the healing.
4. Guilt. Some may feel they should have prevented the action or should have been more hurt by it.
5. Unusual complaints of illness
6. Isolation from family and friends.
7. Difficulty concentrating or moving on to the next task.
8. Poor performance in usual activities.
9. Crying or regressed behavior that is inappropriate to the child's age or different from normal activity.
10. Isolation from family or normal friends.