

1. Children of every age grieve.
2. Age and maturity affects kids' understanding and expression of grief.
3. Children grieve differently than adults.
4. The need to play is normal and essential.
5. Children can only tolerate grief for short periods.
6. Their primary need from adults is for support, nurturance and continuity.
7. Attending and helping to plan funerals are beneficial for children.
8. It is helpful for children to maintain an emotional connection to the deceased person.
9. Children benefit from the opportunity to talk about loss with supportive others, i.e. parents, teachers, relatives, and counselors.
10. Play, music and art can serve as expressions of loss.
11. Children will experience loss at every milestone or developmental stage: grade school, early and late adolescence, graduation, etc.
12. For some children, changes in self-esteem may be more evident two years after a loss.
13. Family influences are the strongest predictor of a child's adjustment to loss.
14. Adults may benefit from additional outside support as they parent grieving children.
15. Most bereaved children do not need special counseling, but some do.