

How to Help Children Cope with Grief

1. Ask students what they have heard about what happened. {Restate factual information provided by principal. Report rumors to administrator or designee.}
2. Ask students if they have any questions they want to ask. Answer honestly. If you cannot answer honestly, admit that you do not have the answer but you will try to find out the answer for them. Write the question down and before the day is completed, ask for assistance from the crisis team. Let students know that you will get the answer for them by that day or the next.
3. Express your own grief, shock, difficulty knowing what to say or what you feel right now. It's okay to show tears and emotions. This is a difficult time.
4. Ask the child if they would like to talk to someone outside of the family or home?
5. Let them know that counselors can help if they would like to talk to someone. Direct them to inform you and you will arrange it as soon as possible.
6. Finally, there is no way to predict how your students will respond. They may present some difficult situations for you simply because it is something new you have not experienced.