

Family resources and support

As families, you are an important role model and can be an invaluable source of support to your child during times of stress and loss. It is helpful to encourage your child to talk with you about any feelings they are having and answer questions. It is okay to say “I don’t know” or “I’ll try to find out” to questions you are unable to answer. It’s okay for children to see our sadness and share our feelings. You may want to join your children if they are watching media coverage and discuss with them what has happened.

Whenever one is exposed to a stressful situation, it can trigger strong emotions. This type of situation can bring back memories of past losses or traumas and generate worries about one’s own vulnerability and that of loved ones. Signs of grief include shock, disbelief, anger, sadness, anxiety, changes in eating and sleeping habits, nightmares, poor concentration, repeatedly talking about loss withdrawal, acting younger than usual, clinging and restlessness. Grieving people often feel regrets over past acts and children (and adults) often blame themselves for the loss and feel guilty.

Sometimes children prefer writing or drawing their feelings or reading a related story with you. If your child doesn’t feel comfortable talking, do not pressure your child, but leave the door open by letting them know your offer to listen doesn’t have an expiration date.

Assistance is also available from the following agencies:

Crisis Line (24 hours)- 1-800-803-8833	Crisis Text Line (24/7): Text 988
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