

Jessica From [DeLCOPAMOMS](#) HAD THIS TO say...

Here were my rules when talking about it with my kids. My daughter was old enough to know that her grandparents weren't around anymore, so we had to do it right.

1. AS MUCH AS YOU CAN, GET YOURSELF TOGETHER BEFORE YOU TELL THEM. IF YOU'RE A BLUBBERING AND CAN'T CONTROL YOURSELF, YOU RUN THE RISK OF CONFUSING THEM.
2. TELL THEM THE TRUTH AS MUCH AS POSSIBLE. MY PARENTS BOTH HAD CANCER, SO WE TOLD OLIVIA THAT THEY WERE VERY SICK, FOR A LONG TIME, THE DOCTORS DID AS MUCH AS THEY COULD BUT THEY COULDN'T GET BETTER.
3. IN MY OPINION, IF YOU BELIEVE IN ANY HIGHER POWER OF ANY KIND IT IS EASIER. WHEN YOU'RE CHILD ASKS WHERE GRANDMA WHEN & YOU SAY HEAVEN AND SHE IS WITH GOD & NO LONGER IN PAIN, IT HELPS...MUCH BETTER THAN THE ALTERNATIVE!
4. LET THEM KNOW YOU'RE SAD TOO & IT IS OKAY TO CRY, YOU CAN'T SEE THIS PAIN BUT EVERYONE CAN FEEL IT.
5. DEPENDING ON THE CHILD, TAKE THEM TO THE FUNERAL. FUNERALS ARE PART OF THE GRIEVING PROCESS & IT HELPS THEM TO SAY GOODBYE TOO. IT HELPS THEM TO HEAL WHEN THEY KNOW OTHER PEOPLE ARE SAD & WILL MISS THEIR LOVED ONES TOO, THAT THEY'RE NOT ALONE IN THEIR PAIN.
6. IF YOUR CHILD IS ESPECIALLY SENSITIVE OR EMOTIONAL, THINK ABOUT HAVING THEM TALK TO A TRAINED PROFESSIONAL. WE DID NOT NEED THESE SERVICES FOR OUR CHILD, IT WAS THERE THOUGH. OFTEN TIMES IF THEIR IN SCHOOL, THERE IS A COUNSELOR WHO CAN TALK TO THEM & HELP THEM TO MOVE THROUGH THE GRIEVING PROCESS.

TRISH From [YOKE](#) HAD THIS TO say...

IT IS STICKY. MY FATHER DIED LAST YEAR. MY CHILDREN, IN PARTICULAR MY THEN-5-YEAR-OLD, HANDLED EASIER THAN I EXPECTED. WE REALLY BASED OUR DISCUSSION ON THE TRUTH: YOUR GRAND POP DIED. HE WAS SICK AND OLD (MY FATHER WAS 92) AND IT IS SAD. WE BELIEVE IN HEAVEN AND EVERLASTING LIFE, SO GRAND POP IS IN HEAVEN WITH GOD. LILY WAS SAD; BUT HER RESPONSE: "I AM GLAD LEXUS AND PILOT (OUR DOG AND CAT WHO HAD DIED) WILL HAVE GRAND POP TO PLAY WITH THEM."

IT WAS I WHO STRUGGLED WITH TELLING THEM. I STUCK TO THE FACTS//NOT TO THE EMOTIONS AND I LET THEM COME TO ME WITH QUESTIONS. AND I LET THEM SEE ME CRY AND EXPLAINED IT TO THEM. I WANTED TO KNOW IT WAS OKAY TO SAD; BUT IT WAS ALSO OKAY TO LIVE AND BE HAPPY FOR THE LIFE MY DAD HAD AND THE LIFE HE NOW HAS IN CHRIST.

OF COURSE THIS VARIES DEPENDING ON YOUR SPIRITUAL BELIEFS.

MY 3 YEAR OLD KNOWS I MISS MY DAD; BUT OCCASIONALLY SHE ASKS IF WE CAN SEE HIM.): BUT SHE IS 3.

Jeanine From Mommy Entourage wrote about the subject as well you can read it [Here](#).

Teresa HAD THIS TO add...

THAT IS SO HARD...EVEN WHEN THE CHILD HAS A GRANDPARENT WHO THEY NEVER GOT THE CHANCE TO MEET. MY MOTHER DIED BEFORE I WAS MARRIED & HAD MY DAUGHTER. I MADE IT MY MISSION FROM THE GET GO TO TALK TO HER ABOUT HER GRANDMOTHER AND WHAT SHE WAS LIKE. ELENA KNOWS SHE IS NAMED AFTER HER GRANDMA AND THAT SHE WAS TAKEN FROM US TOO SOON BY CANCER. AND FOR ME, I DON'T HIDE MY TEARS & SADNESS WHEN I MISS MY MOM FROM HER. I THINK IT'S IMPORTANT FOR KIDS TO KNOW HOW TO EXPRESS SADNESS AND GRIEF & THAT IT IS OKAY TO CRY. THERE IS A GREAT BOOK WE READ,

"The Next Place".