



SUPPORTING YOUR GRIEVING STUDENT

Parental Tips and Guides

TALKING WITH YOUR CHILD

There is no easy way to tell a child about the death of a peer.

- Try to be in a space the child feels safe
- Use direct language- keep it short and simple
- Be prepared to answer questions but don't go into detail
- Follow their lead- let them ask the questions
- Encourage your child to express their feelings
- Don't use euphemisms

For more information: <https://childmind.org/guide/helping-children-cope-grief/>

STAGES YOUR CHILD MAY GO THROUGH

Grief has no timeline. Travel through the stages may occur in any order for varying lengths of time.

- Shock and numbness- stunned, difficulty thinking clearly
- Yearning and searching- anger, guilt, restless
- Disorientation and disorganization- sadness, possible continued anger
- Reorganization and resolution- acceptance of the loss

For more information: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/addressing-grief/when-grief/loss-hits-close-to-home-tips-for-caregivers>

POSSIBLE RESPONSES

Elementary

- Decreased academic performance- attention/concentration
- Irritability, aggression and disruptive behavior
- Somatic complaints- headache, stomachache
- Nightmares
- Withdrawal

Middle School

- Decreased academic performance- attention/concentration
- Avoidance or withdrawal
- High risk behaviors
- Problems with peers
- Emotional numbing or depression

For more information: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/addressing-grief>

HELPING YOUR CHILD COPE

You are the best support for your child.

- Be a good listener
- Maintain a normal routine as much as possible
- Give your child permission to grieve
- Express your own feelings in a calm and appropriate way
- Normalize the feelings your child expresses
- Reach out for additional support from the school or local agencies

FOR ADDITIONAL RESOURCES CONTACT THE SCHOOL COUNSELOR,
STEPHANIE MILLER: (530)364-4487 SMILLER@RSDNMP.ORG

VISIT OUR VIRTUAL COUNSELING OFFICE

[HTTPS://DOCS.GOOGLE.COM/PRESENTATION/D/1CG466PQKTMTGRWPR3E-UJE60GE79_KI2JPRVIGTLI4C/PRESENT?USP=SHARING](https://docs.google.com/presentation/d/1CG466PQKTMTGRWPR3E-UJE60GE79_KI2JPRVIGTLI4C/PRESENT?USP=SHARING)