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Supporting Children Experiencing Grief and Loss

The following resources may be useful to access when you or your child has experienced grief. Everyone experiences grief in different ways. There is no right or wrong way. Children may show grief in different ways to adults. The links below, I hope will be helpful in supporting your child through the grieving process. There may be support groups for children and young people. Australian Child and Adolescent Trauma, Loss and Grief Network may be able to assist with details.

The following link outlines the Grief and Loss developmental stages.

<http://www.mn.catholic.org.au/media/456280/Grief%20and%20loss%20-%20developmental%20stages.pdf>

Australian Child and Adolescent Trauma, Loss and Grief Network

http://earlytraumagrief.anu.edu.au/files/ACATLGN_grief_and_loss.pdf

Australian Centre for Grief and Bereavement <https://www.grief.org.au/>

Children and Grief

<https://s3-ap-southeast-2.amazonaws.com/acgbfactsheets/ACGB+-+Primary+School+Children+and+Grief.pdf>

Adolescents and Grief

<https://s3-ap-southeast-2.amazonaws.com/acgbfactsheets/ACGB+-+Adolescents+and+Grief.pdf>

Books

<https://childhoodgrief.org.au/resources/>

<https://whatsyourgrief.com/childrens-books-about-death/>

Local and School Libraries may also have books suitable for children about grief.

<https://childmind.org/article/helping-children-deal-grief/>

Helping Children Cope with Loss, Grief and Death

<http://www.nasponline.org/assets/documents/Resources%20and%20Publications/Handouts/Safety%20and%20Crisis/GriefWar.pdf>

Kidsmatter

<https://www.kidsmatter.edu.au/mental-health-matters/should-i-be-concerned/children-and-grief>

Better Health Channel

<https://www.betterhealth.vic.gov.au/health/healthyiving/grief-and-children>

Fact Sheets

<http://www.mygriefassist.com.au/factsheets/factsheet-5-10-ideas-about-children-and-grief>