



KidsGrief.ca

“How do I tell the kids?”

Helping parents help kids

- Developed by families and grief experts
- A resource for healthcare providers, educators and others who support families

 CANADIAN
VirtualHospice

“Nothing prepared me for this...”

Your spouse is diagnosed with a serious illness; how do you tell your children? Or your teenager dies in a car accident and your other children are struggling. Or someone dies by suicide and your child asks what happened.

Find out how to:

- Recognize common signs of children’s grief
- Start conversations about a serious illness, dying and death
- Know which words and phrases to use and which to avoid
- Respond to questions about tragic world events, suicide, medical assistance in dying and cremation
- Prepare kids for funerals, memorials and other rituals
- Recognize when kids may need more help

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