

Grief Resources for Families

Here are two websites with a variety of helpful resources on grief. Each site offers a wide range of support options, and we've highlighted a few that may be particularly useful. Please don't hesitate to reach out to your child's teacher and/or the school if you have any concerns or feel your child could benefit from additional support. Our school counselors are available to provide additional assistance.

Following are resources from the Dougy Center (<https://www.dougy.org/>). At Dougy Center, you will find support, resources, and connection before and after a death. The following resources may be of special interest but feel free to find additional materials from the Dougy Center

1. These are ways for parents to support their child.
<https://www.dougy.org/assets/uploads/Dougy-Center-Tips-for-Supporting-Grieving-Children2.0.pdf>
2. This handout helps parents to understand grief through developmental milestones and age.
<https://www.dougy.org/assets/uploads/Developmental-Responses-to-Grief-ages-2-18-2.0.pdf>
3. The following are tips for Teens who are Grieving.
https://www.dougy.org/assets/uploads/Tips-for-Teens-Who-are-Grieving_2023-03-17-201232.pdf
4. How to support a grieving friend.
<https://www.dougy.org/assets/uploads/Your-Friend-is-Grieving.pdf>

Here is another family grief website that offers many different resources: Good Grief. These resources are from the resources tab: <https://good-grief.org/resources/>

1. Common Myths about Grief <https://good-grief.org/wp-content/uploads/10-Common-Myths-About-Grief.pdf>
2. 10 Tips for Supporting Grieving Kids <https://good-grief.org/wp-content/uploads/10-Tips-for-Supporting-Grieving-Kids.pdf>
3. 10 Tips for Communicating with Grieving Kids <https://good-grief.org/wp-content/uploads/10-Tips-for-Communicating-with-Grieving-Kids.pdf>
4. As you care for your loved ones, don't forget to take care of yourself as well.
<https://good-grief.org/wp-content/uploads/50-Ways-to-Care-for-Yourself-While-Caring-for-Others.pdf>