

Age Group	Providing Care
Infant/Toddler	<ul style="list-style-type: none"> ● Consistent schedule ● Physical Comfort ● Accept regression w/out criticism ● Provide child w/mementos of deceased ● Respond to protest w/compassion
2 - 5 Years Old	<ul style="list-style-type: none"> ● Accepts spans of sadness ● Allow children time to grieve ● Use concrete explanations of death and its meaning ● Provide opportunities for children to work through emotions in play/art ● Don't "talk kids out of" their physical pain ● Be patient with change in eating and bladder disturbance ● Respond to protest and regression with compassion, rather than punishment
6 - 9 Years Old	<ul style="list-style-type: none"> ● Accepts spans of sadness ● Allow children time to process their experience ● Provide opportunities to work through emotions in play/art ● Normalize child's difficulty to express themselves ● Provide emotional language for child ● Explore their fears ● Avoid statements that encourage the child to "be the parent" ● Provide patient, loving support
10 - 12 Years Old	<ul style="list-style-type: none"> ● Provide opportunities for physical and creative release ● Encourage their expression of emotions, validate ● Model expressions of emotions/grief with the caveat of resilience ● Create new family rituals to honor deceased ● Avoid statements that encourage the child to "be the parent" ● Provide patient, loving support
Adolescence	<ul style="list-style-type: none"> ● Encourage socialization with other grieving teens ● Provide space but don't demand talk from your teen ● Ask the teen what they might need ● Be wary of reckless and impulsive behaviors ● Continue setting limits but refrain from controlling ● Provide space to voice regrets and express fears ● Avoid statements that encourage the child to "be the parent" ● Encourage child to develop own sense of self