



GRIEF IS NORMAL

Most of us experience a variety of feelings after someone close to us dies. Children's grief can look different from adult grief, and their feelings can affect the way they think and the way they act.

Uplift defines Grief as all the feelings, thoughts, and behaviors that happen after the death of someone close to us. Here is a list of some feelings and actions you may witness in grieving children and teens, although there are many more!

Feelings

- Sadness
- Anger
- Loneliness
- Fear or worry
- Confusion
- Relief

Actions

- Crying
- Hitting/Yelling
- Isolating themselves
- Not wanting to leave the house
- Repeating questions over and over
- Having trouble sleeping
- Acting younger than they are

It is important for adults to model healthy and safe ways to grieve. Take time to talk together about your feelings, their feelings, and what is being seen in the way people are behaving. This can help bring attention to how grief affects the way we think, feel, and behave.

It is normal to grieve*.

***It is NOT okay to hurt ourselves, including thinking of suicide, hurting ourselves or others, or damaging property when we are grieving. Seek help from a mental health professional or school counselor to make sure your child is safe.**

At Uplift, we recognize that grief has no timeline. Throughout our lives we can remember the person(s) who died and miss them. Uplift believes that every child, teen, and adult deserves the opportunity to grieve in a supportive and understanding environment.

Uplift's Principles of Grief:

- **Grief is a natural reaction to loss of a loved one for children and teens, as well as adults.**
- **Within each individual is the natural capacity to heal one's self.**
- **The duration and intensity of grief are unique for each individual.**
- **Caring and acceptance assist in the healing process.**

Uplift Center for Grieving Children provides free grief support groups to children and teens (grades K - 12) and their caregivers. Contact us to learn more.

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www.upliftphilly.org