



Counseling Room: 220 | Phone: 617-326-3574

Grief and Loss Resources

Caregiver Tips for Grieving Teens

- Acknowledge their presence, their importance, their opinions, thoughts, and feelings.
- Be patient and open-minded. Allow them to grieve in their own way.
- Be available – Sit with the child, listen to them, and answer their questions.
- Let them know that a range of different emotions is normal.
- Validate their feelings and do not minimize them.
- Check in with other adults involved in their life – teachers, school counselors, coaches.

Grief Resources

- [Understanding Teen Grief](#)
- [Helping Teens with Traumatic Grief: Tips for Caregivers](#)
- [Now What? Tips for Grieving Teens](#)

