



## Children & Teenager's

# BIG FEELINGS: GRIEF

Resiliency during the COVID-19 Pandemic

A Resource for Parents

WHEN WE LOSE SOMETHING IMPORTANT, WE FEEL GRIEF.



### WE ARE ALL EXPERIENCING GRIEF RIGHT NOW

Loss of freedom, loss of schedules, loss of plans, loss of closeness to friends and family and death of loved ones.



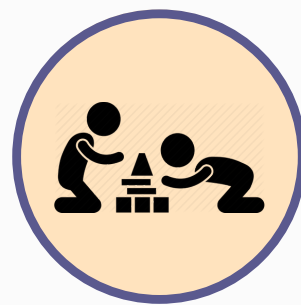
### LIKE ADULTS, CHILDREN & TEENAGERS EXPRESS GRIEF IN VARIOUS NORMAL WAYS

Tummy-aches, sleep changes, sadness, difficulty concentrating, hyperactivity, lack of activity, irritation, increased need for affection, increased need to be with their peers and more.

GRIEF CAN INCLUDE MANY BIG FEELINGS.  
IT IS MESSY AND THAT IS PERFECTLY FINE.

*Being a good listener is one of the best ways  
you can help your child.*

"SHARED JOY IS DOUBLE JOY. SHARED SORROW IS HALF SORROW."  
- SWEDISH PROVERB



### WITH CHILDREN...

Try playing with them. You may be surprised how big feelings can be revealed in their toys, drawings, speech and actions.



### WITH TEENAGERS...

Try acknowledging the situation (i.e. "life is very different than it was before, and I've been thinking about you") and try encouraging conversation (i.e. "What do you miss doing the most?").

### NEED TO TALK?

#### PARENTS

1-866-996-0991  
[www.dcottawa.on.ca](http://www.dcottawa.on.ca)

#### CHILDREN & TEENAGERS

1-800-668-6868  
[www.KidsHelpPhone.ca](http://www.KidsHelpPhone.ca)  
613-260-2360  
[chat.ysb.ca](http://chat.ysb.ca)

### WANT MORE GRIEF INFORMATION?

[www.virtualhospice.ca](http://www.virtualhospice.ca)  
[www.mygrief.ca](http://www.mygrief.ca)  
[www.kidsgrief.ca](http://www.kidsgrief.ca)  
[www.bfo-ottawa.org](http://www.bfo-ottawa.org)  
[www.crossroadschildren.ca](http://www.crossroadschildren.ca)  
[www.ysb.ca](http://www.ysb.ca)