

# KinderMourn

WHEN A CHILD DIES. . . WHEN A CHILD GRIEVES. . . THERE IS **HELP**. . . THERE IS **HOPE**.

## How to Support Grieving Family and Friends - You Are Enough

*As friends and caring people we want to be of support to our loved ones who are grieving. We struggle with the “right words” to comfort. We struggle with an appropriate action that will ease the pain or divert the attention of the grieving person.*

*We cannot take the pain away with our words or actions. What we can do is to be with the grieving person in his pain. Following are some suggestions for support.*

- Acknowledge what has happened
- Listen, Listen, Listen
- Make specific suggestions about what you can do - meals, shopping, errands, babysitting, etc.
- Respond in your own authentic way
- Call the person who died by his/her name - remember his/her life - share memories
- Accept the person who is grieving where she/he is at this moment - this is no time for judgments or expectations
- Consider how long you think it should take to “get over the grief” and **then forget it!** Grief can be a life-long process.
- Trust the one who is grieving to lead you - Listen to what she/he is saying – what’s going on today.
- Remember birthdays, anniversaries, and other holidays
- Listen, Listen, Listen
- Locate resources that may be helpful: Support groups/agencies, books, videos, podcasts
- Have hope - you can be the “hope keeper” – People want consistent reminders that you have not forgotten - cards, music, prayer, written messages
- Remember the five magical words.... “I care. I love you.”