

The **ARQ** of grief support

The ARQ — Awareness, Reflection, & Questions — is a framework you can use to create meaningful, supportive interactions with children and adults who are grieving.

Awareness

Cultivate an awareness of your own experiences with grief and how they shape your expectations. You can also be aware of significant days and transitions for those you're supporting.

Rosanna's mom told me yesterday that her auntie's birthday is today, I wonder how Rosanna will be feeling.

Reflection

Reflecting what children say and do is an effective response that enables them to better understand what they think and feel.

You're really sad today because it's your Auntie's birthday and you miss her. Now you're jumping up and down as you talk about how big the cake was as the last birthday you spent with her!

Questions

After reflecting what you see and hear, you can use the skill of awareness to decide if it's helpful to ask a question that allows a child to share more of their story.

When you feel sad, where do you feel it in your body? What kind of cake do you like and what kind of cake does your auntie like?