

# RESOURCES FOR CHILDREN & FAMILIES WHEN SOMEONE HAS DIED OF COVID-19



The National Grief Center for Children & Families



## Tip Sheets

### Supporting Children & Teens When Someone Dies of COVID-19

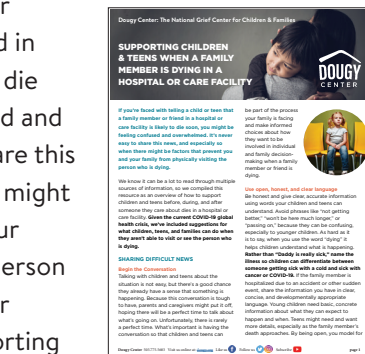
Hundreds of thousands of grandparents, parents, siblings, aunts, uncles, friends, and extended family members have died of COVID-19, leaving behind family and friends, including children and teens. If you're supporting a child or teen who is grieving a death from COVID-19, these tips can help.

### Helping Children & Teens Cope with Fear After a Death

When someone dies, it is natural for our bodies to be on "high alert." Acknowledging that this is a normal reaction can help reduce children feeling overwhelmed. Knowing how to help your child or teen can be challenging. Here are some ways to offer support.

### Supporting Children & Teens When a Family Member is Dying in a Hospital or Care Facility

If you're faced with telling a child or teen that a family member or friend in a hospital or care facility is likely to die soon, you might be feeling confused and overwhelmed. It's never easy to share this news, and especially so when there might be factors that prevent you and your family from physically visiting the person who is dying. Here are some tips for sharing difficult news and for supporting your child or teen when someone is dying.

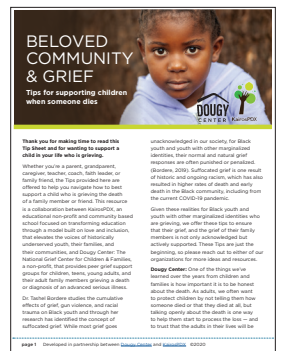
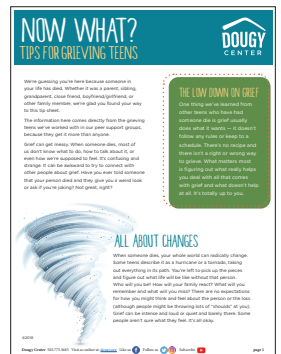


### Now What? Tips for Grieving Teens

Grief can get messy. When someone dies, most of us don't know what to do, how to talk about it, or even how we're supposed to feel. It's confusing and strange. It can be awkward to try to connect with other people about grief. Here are some tips that can help.

### Beloved Community & Grief: Tips for Supporting Children When Someone Dies

These tips can you navigate how to best support a child who is grieving, and is a collaboration with KairosPDX, an organization focused on transforming education through a model built on love and inclusion, that elevates the voices of historically underserved youth, their families, and their communities.



## About these resources

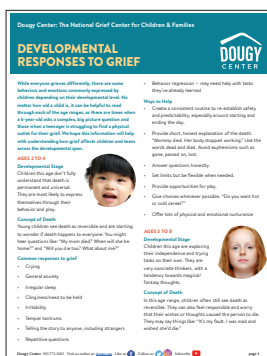
Dougy Center has been helping children, teens, young adults and their parents/caregivers cope with death since 1982. Our practical, easy-to-use materials are based on what we have learned from more than 55,000 Dougy Center participants. Visit our website at [dougy.org](https://dougy.org) for additional resources, tool kits, and more.

Find Spanish Language Resources/Recursos en español: [dougy.org/recursos](https://dougy.org/recursos)



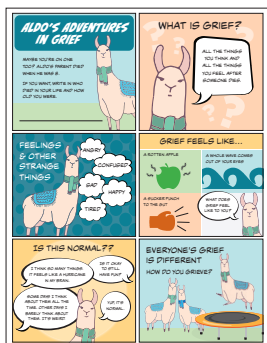
## Developmental Responses to Grief

While everyone grieves differently, there are some behaviors and emotions commonly expressed by children depending on their developmental level. This Tip Sheet will help with understanding how grief affects children and teens across the developmental span.



## Aldo's Adventures in Grief

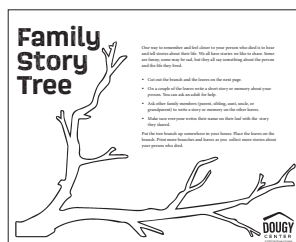
Join Aldo the Llama and explore thoughts and feelings around grief. This Tip Sheet is for kids of all ages to explore what grief feels like and ideas for how to navigate the death of someone in your life.



## Activities

## Family Story Tree

One way to remember and feel closer to your person who died is to hear and tell stories about their life. Download this activity sheet and write down or draw pictures of special stories about your person.



## A Favorite Day We Had

Think of a favorite time with the person who died and write down everything you remember from that day. If you can't remember one, or you never had one, write a day you wish you could have spent with them.

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A cartoon illustration of a llama standing on the right side of the page. A speech bubble originates from its mouth, containing the text: "Here are a few ideas for how long it takes to make a card. You know, I'm not kidding."

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www.doughydoodles.com

## My Person's Name Poem


Write the name of someone in your life who has died. Then, write down words, sentences or phrases that remind you of the person, using the letters of the name.


# Name Poem

Write the names of classmates in your box who has had an illness or been sick. Then write down words, sentences, or phrases that remind you of the person, using the letters of their name.

Examples:

Melvin	happy	kind	fun
William	kind	friendly	kind
William	kind	kind	friendly
William	happy	kind	happy
			happy





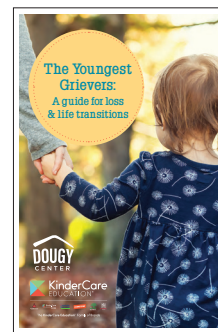
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# Guidebook

## The Youngest Grievers: A guide for loss and life transitions

For children grieving a loss, the support of a compassionate and informed adult can help them thrive, even in the midst of significant changes in their family and lives. This practical guide can be downloaded for free from Dougy Center's website.



## Grief Out Loud Podcasts

Remember the last time you tried to talk about grief and suddenly everyone left the room? Hosted by Jana DeCristofaro and produced by Dougy Center, Grief Out Loud is opening up this often-avoided conversation because grief is hard enough without having to go through it alone. Find all episodes at [dougycr.org/podcasts](https://dougycr.org/podcasts).

Here are Grief Out Loud episodes specific to COVID-19:

## Ep. 194: Widowed By COVID-19

Sandra McGowan-Watts is a mother, a physician, and a widow. Her husband Steven died of COVID-19 on May 8, 2020. Since then, she and their daughter have been trying to figure out how to live without a husband and father who did so much to support them.

## Ep. 153: Big Emotions in Grief

Jenny Delacruz is a family therapist and author who specializes in working with children and families. We discuss how Jenny sees grief show up in her clients, related to COVID-19, the media coverage of the murders of Black people, often at the hands of police, and the ongoing traumatic effects of racism and racist violence

## Ep. 180: More Than Just a Number – Grieving When Someone Dies of COVID-19

This is the story of Maria, beloved mother of four, who died of COVID-19 the summer of 2020. It's a story told by Mariana, Maria's youngest daughter. At the last minute, the hospital allowed just one family member to visit and the family chose Mariana. She was the last person to sit by her mother's side, holding her hand and kissing her goodbye through a mask and face shield.

Find grief support centers near you by searching  
Douglass Center's worldwide program directory.

Dougy Center develops and distributes these resources free of charge to any one who needs them. You can help make this possible when you make a charitable contribution to our efforts. Visit [dougy.org/give](http://dougy.org/give) to learn how to be involved.