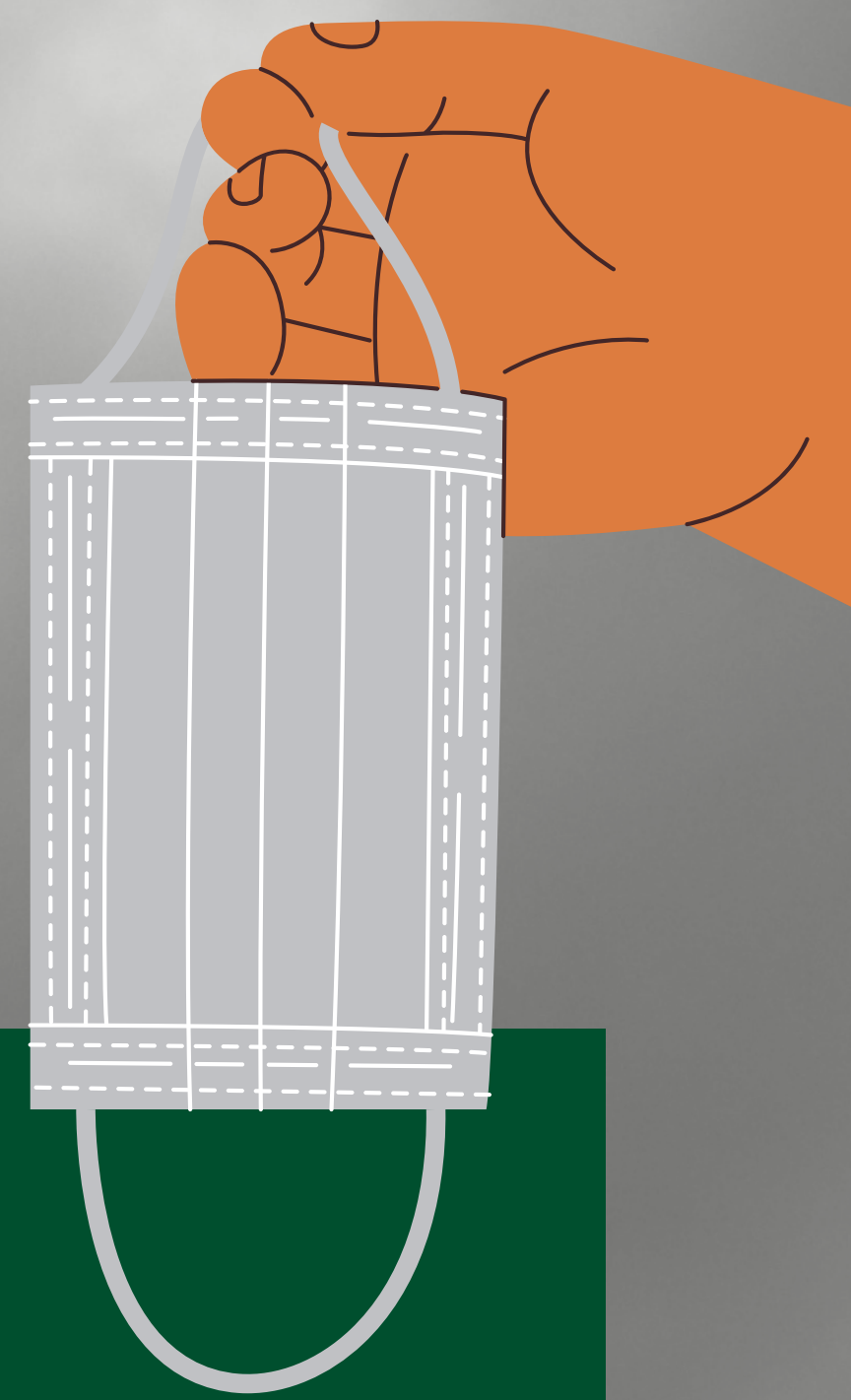


Understanding Children's Pandemic Grief

During a pandemic, grief may have a different and more complex effect because of the socio-ecological parameters of a global health crisis. Unique to a pandemic are the lack of book-endings, missed milestones and opportunities, isolation, and confusing emotions. Children with existing layers of trauma, such as those in the child welfare system, may have a more difficult time coping with this added stress



Structure: Children require structure and routine to deal with regular and complex forms of grief. It is also important to have things to plan and to look forward to.

Self-Disclosure: It is important for children to stay informed and know they are not alone. Children may feel opposed to discussing their feelings and experiences with a service provider who does not disclose their own.

Social Connection: Provide children frequent opportunities for significant online connection with their caregivers and peers. Where permitted, create environments where youth can connect in person while adhering to physical distancing guidelines with personal protective equipment (PPE).

Consistent toxic stress can have negative impacts on health in all forms.
Work together and model ways of navigating stress.

In-Between Moments: Have a conversation about the child's feelings during non-pressured times. This may be done during activities the child and caregiver do together on a routine basis, such as preparing supper or walking.

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