



Try to keep the routine as close to normal as possible. The predictable pattern of daily life can be very comforting in times of upheaval.

1



**Let teachers know what is happening.** Teens often express emotion in behavioral issues, anger or withdrawal. Teachers can deal with those behaviors if they understand the impetus behind them.

2

## 6 WAYS TO

## HELP YOUR TEEN

## COPE WITH GRIEF



*Wisdom courtesy of Dr. Colleen Arnold, a family physician.*



**Communicate honestly.** Don't hide your own sadness or try to "be strong" for your child. Sharing your own candid feelings openly and sincerely may help your teen begin to verbalize their own. But, don't force them to talk if they aren't ready or interested.

3

## KEEPING SOMEONE ALIVE IN OUR MEMORY KEEPS THEM ALIVE IN OUR HEARTS.

-DR. COLLEEN ARNOLD

4



**Listen.** Most young people appreciate when you simply listen and accompany them rather than tell them how they should grieve. Avoid comments like, "Your Dad would want you to get back to normal," because they incite guilt and self-criticism.

5



**Find small ways for your teenager to help at home, but don't push.** Don't add chores to their already overloaded schedules and don't give them something new to feel guilty about. Brainstorm things that help the whole family and see who has the energy and time to do them.



**Remember that grief can return unexpectedly.** Milestone days like graduations, holidays and weddings can bring fresh waves of grief. Acknowledge the person who isn't there. Nurture memories and start new traditions that include loved ones we've lost.

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