

**This is my child's first-time experiencing loss or a global crisis including the loss of people they know directly. How do I talk to my child about grief and loss during this time?**

A: Children and teenagers understand death differently and may have different reactions as they grieve. While you may be grieving this loss as well, you can still have a conversation with your child when you feel ready. For a younger child, use simple language and questions to help gauge what your child understands about death. Encouraging your child to talk about their ideas, thoughts, and feelings about death gives you an opportunity to clarify and undo any misconceptions they may have. Children may become upset by these discussions due to the pain of loss and grief. Let them know that it is okay to feel sad and to show their sadness. Demonstrate for your child healthy ways to grieve such as crying, talking with friends, seeking spiritual comfort, or recalling positive memories. [Support your child by giving your child opportunities to talk.](#) Some teens may reach out to peers to express their loss and grief and others may avoid those discussions altogether. Maintain your physical and emotional presence even if your teen seems distant. Your presence is important. Children of all ages may express their feelings in ways other than talking such as: writing a letter to say goodbye, drawing their emotion or playing a song that helps them express how they feel. Remember you and your child are not alone in your grief as access to loss and grief support is available.