

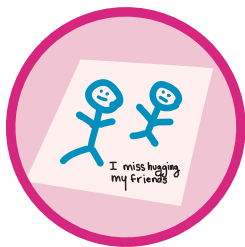


Tips for Early Childhood Educators During COVID-19

HELPING CHILDREN WITH GRIEF AND LOSS

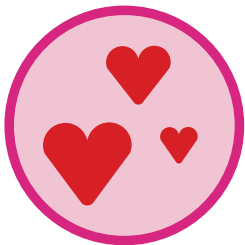
There has been a tremendous amount of grief and loss in recent months. This may include the death of a relative due to COVID-19 and also the loss of regular activities and routines. Given the pandemic procedures around isolating the sick and the changes in mourning rituals, many adults and children have not been able to say goodbye in the usual ways to loved ones who have died. This lack of closure can cause distress and grief in children.

WAYS TO HELP CHILDREN COPE WITH THE TRAUMA OF LOSS



VALIDATE THEIR FEELINGS

Children benefit from a caring adult who listens to them and acknowledges that it is OK to feel sad, angry, or lonely. Help children label their feelings with words or drawings. Use clear language.



OFFER LOVE AND SUPPORT

Remind children that they are loved. Reassure them that the adults around them will take care of them.



KEEP UP ROUTINES

Children may find structure, support, and connections at preschool or childcare to be reassuring. Returning to predictable routines helps children manage complex emotions.