

# PARENTING TIPS FOR CHALLENGING TIMES



## HELPING OUR CHILDREN WHEN SOMEONE WE LOVE DIES

- Tell children who they will live with and who will look after them – they often worry about this.
- Listen to and accept whatever your child feels. Children may seem happy but be sad.
- Do something together to say goodbye to the person – a song or letter or prayer.
- Allow yourself to mourn your losses too.
- In simple words, tell them the person has died and will not come back.

**Parents and Caregivers are HEROES  
Protecting our children in a crisis**

**“May Your unfailing love  
be my comfort.”** (Psalm 119:76)

**Dear God, as we say goodbye to..., we are sad.  
Please comfort us in our sadness. Amen.**

