

Grief, loss, and COVID-19: Losing a caregiver

More than 200,000 children have lost a parent or caregiver in their house due to COVID-19. This loss has especially impacted communities of color. If your child lost a caregiver, they may be dealing with trauma or grief even though it seems like everyone else is “back to normal.”



→ How can I tell if my child is dealing with grief?

Grieving is a normal reaction to the death of a caregiver. Signs that your child is dealing with grief may include:

- Getting angry more easily than normal
- Trouble sleeping
- Trouble paying attention
- Worse grades
- Fear about safety of themselves or others
- Risky behaviors like using drugs or alcohol

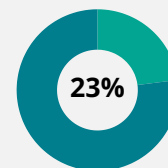
Remember, not all children react to grief or stress the same way. If you feel like something is off, talk to your child.

→ How can I help my child?

- **Let your child talk when they are ready**
 - Don't force them to talk if they don't want to. Listen carefully and ask questions in a non-judgmental way. Tell them all feelings are ok.
- **Practice calming and coping strategies with your child**
 - Model strategies, such as taking deep breaths when you are feeling overwhelmed.
 - Let your child express thoughts or feelings in creative ways, such as drawing or singing.
- **Answer questions and share facts**
 - Be honest, but share clear information that is right for their age.
- **Find a counselor or therapist** who is trained to treat childhood trauma and grief.
- **Take care of yourself too.** Grieving children do better when their adult is coping well.



23% of COVID-19 deaths have happened in Black people, even though they make up only 13% of the U.S. population.





What resources are available for my family?



National Alliance for Children's Grief
Raises awareness of the needs of children who are grieving and provides resources for anyone supporting them: nacg.org



Hidden Pain
Resources for families, educators, and community members to support those who have lost a caregiver to COVID-19: hiddenpain.us/get-support/



Sesame Street
Resources for helping kids grieve: sesamestreetincommunities.org/topics/grief/



Dougy Center
Local peer grief support, resources, and training: dougy.org/grief-support-resources

Communities of color have different experiences than people who are white. So their grief experiences are unique. Here are some resources for culturally diverse groups:



Ayana Therapy
Mental healthcare for marginalized and intersectional communities: facebook.com/ayanatherapy/



Therapy for Black Girls:
therapyforblackgirls.com/




LatinxGrief:
facebook.com/latinxgrief/



The Dinner Party:
thedinnerparty.org/



Visit our website to find out if you can get a COVID-19 vaccine at no cost through CDC's Bridge Access Program.

 bit.ly/3QMEI8B