

Children's Grief Awareness Day



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Ages 3 to 5

Does not yet understand the finality of death and may need reminders that the person will not come back

Expression of grief primarily through play and will not have many verbal expressions of grief



Ages 6 to 10

Begins to understand finality of death

Has limited verbal expression of feelings related to grief



May blame self for death

Might have strong fears related to dying

Might regress, display aggression, or internalize emotions which come out in physical symptoms

Ages 11 to 13

Has full understanding of finality of death but might have some magical thinking



Will rely on family and friend group for emotional support

Emotions may feel heightened

Ages 14 to 19

Most closely related to adult concepts of understanding death and dying

Have heightened levels of responsibility for grief

May see acting out behaviors such as increased defiance, avoidance, and increased risk-taking activities



Find More Information At:

www.seasamestreetincommunities.org

www.dougy.org/grief-support-resources/kids

Do you know a child or teen who has a loved one impacted by cancer?

You may reach us at 817-921-0653 or info@CancerCareServices.org to get help today.