SESAME STREET

talk, listen, connect℠

When Families Grieve™

caring cards

Cut out these caring cards. Use them as a family to find strength together.

talk

If children need help talking about feelings, use markers and paper plates to make some "feeling faces": sad, mad, worried, happy. The faces can be good conversation starters.

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hope

Have children trace around one hand. Within the outline of each finger, they can write about or draw something they are looking forward to. Start small: the first butterfly of spring, learning to ride a bike.

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listen

Let your children know that you are truly listening. When any one of them is ready to talk, stop what you're doing and sit down. Listen to your child's words, and try to sense the feelings behind the words, too.

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cry

Let your children know it's OK to cry. If they see you crying, that's fine, too. You can say, "I'm just thinking of Dad, and missing him makes me cry. But I'm still here for you."

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connect

Help your children connect to their deceased parent. Encourage them to think of qualities they share with their deceased parent ("I have Dad's smile," "Mom was a great singer, like me").

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laugh

Start a laugh-a-day club. Let one child be responsible each day for telling a silly story, sharing a joke, or even just making a funny face that everyone else can copy.

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