



Helping Children, Families, and Communities Cope with Grief Resources

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- Webinar slides (English): https://drive.google.com/file/d/1xEJ-2c2UBsyda4BhZR5OZ0Vm_-_yocCBC/view?usp=sharing
 - Webinar slides (Spanish): <https://drive.google.com/file/d/1K6SipSLDKu-MZfjBsu7SPieNpG3PmfLn/view?usp=sharing>
 - Evaluation: https://edc.co1.qualtrics.com/jfe/form/SV_8cySwTWY4pIIzIc
 - Certificate of Participation: https://drive.google.com/file/d/1VR7jOwrrrqjJA3_CEWJPBYgXvcpZbUu/view
 - Mailing List: <https://go.edc.org/HBHS-Contacts>
 - Questions: health@ecetta.info
 - Join MyPeers: <https://eclkc.ohs.acf.hhs.gov/about-us/article/mypeers-social-network-early-childhood-professionals>
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- **Grief** These resources can help staff and families support children as they grieve.
 - English and Spanish <https://sesameworkshop.org/topics/grief/>
 - **Elmo Learns How to Deal with the Loss of a Loved One** Elmo and his daddy Louie talk about their favorite memories of Elmo's Uncle Jack.
 - English <https://www.youtube.com/watch?v=x-DgyPLH7sM>
 - Spanish <https://www.youtube.com/watch?v=Su2Hj2g-cyU>
 - **How Children Grieve and How to Help** Use this resource to consider the different ways children experience grief as they grow, and how families and staff might help.
 - English <https://sesameworkshop.org/resources/how-children-grieve-and-how-to-help/>
 - Spanish <https://sesameworkshop.org/resources/como-ayudar-a-los-ninos-en-la-afliccion/>
 - **New Family Roles** Ideas to help families navigate changes after loss.
 - English <https://sesameworkshop.org/resources/new-family-roles/>
 - Spanish <https://sesameworkshop.org/resources/las-nuevas-funciones-familiares/>
 - **Re-grieving as Seasons Change** Watch this video that shows how grief can come and go throughout life.
 - English <https://sesameworkshop.org/resources/re-grieving-as-seasons-change/>
 - Spanish <https://sesameworkshop.org/resources/la-afliccion-regresa-con-el-cambio-de-estacion/>
 - **Jesse Expresses Grief Through Play** This video shows how children can express their feelings of grief through play — and how adults can help.
 - English <https://sesameworkshop.org/resources/jesse-expresses-grief-through-play/>
 - Spanish <https://sesameworkshop.org/resources/jesse-expresa-su-dolor-a-traves-del-juego/>
 - **Express Yourself with Elmo and Jesse** Caregivers can help a child check in with and express their feelings with these interactive creative activities.
 - English <https://sesameworkshop.org/resources/express-yourself-with-elmo-and-jesse/>
 - Spanish <https://sesameworkshop.org/resources/expresate-con-elmo-y-jesse/>
 - **Something New** In this story, Elmo's cousin Jesse helps remind children that big changes can mean new opportunities to learn and grow.
 - English <https://sesameworkshop.org/resources/something-new/>
 - Spanish <https://sesameworkshop.org/resources/algo-nuevo/>



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- **Supporting Grieving Native American Children and Families** Watch this webinar to learn ways to support Native American children and families who are grieving with compassion and cultural humility.
 - English only <https://sesameworkshop.org/resources/supporting-grieving-native-american-children-and-families/>
- **The Giggle Game** Play this game to focus on the good things in life.
 - English <https://sesameworkshop.org/resources/the-giggle-game/>
 - Spanish <https://sesameworkshop.org/resources/el-juego-de-la-risa/>
- **Traumatic Experiences** Use these tips on how adults can help children overcome traumatic experiences.
 - English and Spanish <https://sesameworkshop.org/topics/traumatic-experiences/>
- **Emotional Well-Being** Learn how adults play an important role in helping children explore their feelings and in building a strong foundation of emotional well-being.
 - English and Spanish <https://sesameworkshop.org/topics/mentalhealth/>
- **Children's Feelings** Help children understand and express emotions to overcome challenges, understand others, and communicate.
 - English only <https://sesameworkshop.org/topics/social-emotional-skills/childrens-feelings/>
- **Coping with Grief and Loss** Listen to this podcast to discover how Head Start staff can support families in talking to their children about loss, grief, and understanding the concept of death. Find tips to help staff and caregivers identify signs of trauma when a child is experiencing grief. Explore strategies on how to comfort young children who are mourning and ideas on staff self-care.
 - English only <https://eclkc.ohs.acf.hhs.gov/podcast/coping-grief-loss>
- **Services to Pregnant Women and Expectant Families After a Loss** Find ways to work through the complicated and often unpredictable scope and nature of parent and family grief. Explore questions to consider as staff approach and implement services to help families in coping with their loss.
 - English <https://eclkc.ohs.acf.hhs.gov/publication/services-pregnant-women-expectant-families-after-loss>
 - Spanish <https://eclkc.ohs.acf.hhs.gov/es/publicacion/servicios-para-mujeres-y-familias-que-esperan-un-bebe-despues-de-una-perdida>
- **Brief Information on Childhood Traumatic Grief** This fact sheet provides descriptions of childhood traumatic grief, normal or typical grief, and what to do for childhood traumatic grief.
 - English <https://www.nctsn.org/resources/brief-information-childhood-traumatic-grief>
 - Spanish <https://www.nctsn.org/resources/breve-informacion-sobre-el-duelo-traumatico-infantil>

All ECLKC pages are translated into Spanish.
Select the Español button on the top right corner to see the Spanish translation.



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