



ACADEMY of Grief & Loss
INFORMATION
RESOURCES
EDUCATION
SUPPORT

Why Adults *Must* Validate Children's Grief Feelings

Sasha J. Mudlaff, M.A.

- We show them that grief is a normal and natural response to loss
- We teach them how to label and understand their emotions
- We show them it's ok to feel anger, pain, sorrow and sadness
- We prepare them for the knowledge that they will face many losses during their lives
- We model how to share feelings in an open and honest way
- We earn their trust by not lying to them. This builds a sense of security
- We help them understand both positive and negative ways of handling emotions
- We show them the importance of sharing compassion with those who are hurting
- We teach them that their thoughts and feelings are important to us
- We demonstrate a deep and sincere love for who they are today and the people they are growing up to be

