

# RESOURCES FOR FAMILIES

# Processing Grief and Traumatic Events

## Talking to Children about Traumatic Events

This resource, from the *American Academy of Pediatrics*, provides concrete steps to help families discuss tragic events and their feelings about them. The guidance is also organized by age group.



<https://bit.ly/3oPw7Ur>



## Helping Kids Grieve

The resources provided by *Sesame Street in Communities* include guidance on talking about grief, activities to do as a family, and videos to help kids heal after loss.

<https://bit.ly/32d7PMv>



## How to Help the Healing Process-Grief

This resource from the *New York Life Foundation* provides guidance on talking about loss with children to help build resilience. It also has information to help plan for family holidays after experiencing loss.



<https://nyl.co/3oO8rjr>

