

## **Supporting Grieving Kids and Teens: The End of the School Year**

The end of the school year can be a complicated time for kids and teens who are grieving. Some things to keep in mind:

- The end of the school year represents a loss and can reactive or amplify a child's grief.
- Being in school provides a sense of structure and respite for a grieving child. There might be an increase in anxiety in anticipation of less structured summer plans.
- Some of the signs that a grieving child or teen may need more support are: increased outbursts, being more easily overwhelmed by stress or emotional situations, increased withdrawal, and/or increased need for adult attention.

Grieving kids and teens are often not aware that their behaviors are connected to the loss of someone important. You can provide support through the end of the school year transition by offering to listen, being a compassionate presence and advocate, and helping to make connections between this transition and the child's loss.

If you are working with a child or family who could use some extra support, encourage them to contact HospiceCare. We provide ongoing grief support year-around, including the summer months. Visit our website for an extensive list of options, or contact Grief Services at 303.604.5300 or [grief@hospicecareonline.org](mailto:grief@hospicecareonline.org).

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