

# Children's Mental Health Matters!

a Maryland public awareness campaign

## Facts For Educators

### Grief

Grief is the normal process when there is a death or a loss such as a divorce. Grief may produce physical, mental, social, or emotional reactions. Physical reactions can include changes in appetite, physical problems such as headaches or stomachaches, sleeping problems, and illness. Mental reactions can include anger, guilt, sadness, worry, and despair. Social reactions can include withdrawal from normal activities and the need to be near others or to be apart from others. Grief processes also depend on the situation surrounding the death or loss, the relationship with the person who was lost, and the person's attachment to that person. Bereavement is the period after a loss during which grief is experienced. The time of bereavement depends on several factors including a person's attachment to the person or thing that was lost and the amount of time spent anticipating the loss.

#### Why is this important?

- As educators, we are responsible for helping children mourn their losses and feel safe in their school environment.
- The way in which children are communicated with and managed at the time of a loss will affect how they are able to grieve at the time and how they manage loss in the future.
- Grieving youth are prone to depression, anxiety, and many other problems.
- Often, grieving youth have problems in school. Whether it be lower grades or aggressive behavior, children often manifest their pain in the school setting.

#### What can educators do about it?

- It is important to keep children informed about the death of a loved one or peer. They should be told the truth as soon as possible in a way that is tailored to their level of understanding. Be sure to address their fears and answer their questions, so they may fully understand what is happening and how they are feeling. Be aware that children may ask the same questions over and over.
- Do not avoid the topic if the child wants to talk. Although death can be an uncomfortable topic, children should feel comfortable talking about their feelings. If an adult is closed to these discussions, it can send the message that grieving is

shameful or not valued.

- Create a safe place outside the classroom for the child to go if they need to be alone, set this up so no explanation is needed in front of classmates. Ensure that either you or another adult is available to talk at these times.
- Keep in close contact with parents. Ensure that you are monitoring and noting any behavior that may seem different. Meet with parents regularly. It is important to remember that teachers often spend more time with children than anyone. It is necessary to know your students well in order to watch for any signs of serious problems.
- Make sure to use developmentally appropriate terms when explaining death to children. It is important to be clear and not dance around the issue with euphemisms.
- Be patient. Grieving children often show signs of poor concentration and may act out. It is important to help kids stay on task. Often having a routine is comforting. If they are being disruptive it may be more beneficial to refer them to the guidance counselor or school psychologist rather than reprimanding.
- Be involved in planning a memorial service which can help a child receive closure and focus on fond memories of the person. Involvement should be

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maryland coalition of families

strictly on a volunteer basis and children should not be forced to participate. Children who do not wish to participate in planning should be invited to the memorial services provided in or outside of school.

### Resources/Links

#### **The Dougy Center for Grieving Children and Families**

This website offers a variety of resources including an excellent publication called Helping the Grieving Student: A Guide for Teachers – a great book that provides teachers with practical advice when dealing with grieving students.  
<http://www.dougy.org>

#### **National Association of School Psychologists**

##### **Addressing Grief: Tips for Teachers and Administrators**

<https://www.nasponline.org/resources-and-publications/resources/school-climate-safety-and-crisis/mental-health-resources/addressing-grief/addressing-grief-tips-for-teachers-and-administrators>

#### **UCLA School Mental Health Project Grief and Loss Practice Notes**

<http://smhp.psych.ucla.edu/pdfdocs/practicenotes/grief.pdf>

#### **With Eyes Open-Resources for Teachers and Parents**

[http://www.pbs.org/witheyeyesopen/resources\\_youth.html](http://www.pbs.org/witheyeyesopen/resources_youth.html)

#### **Linda Goldman Helping Children with Grief and Trauma**

– a great resource for teachers, provides general information on what to expect from a grieving child.  
[http://www.childrensgrief.net/Helping\\_the\\_grieving\\_child\\_in\\_school.htm](http://www.childrensgrief.net/Helping_the_grieving_child_in_school.htm)

#### **Grief and Loss - Parent Easy Guide**

##### **South Australia Department of Education**

– illustrates how children grieve and their level of understanding per age group.  
<https://www.education.sa.gov.au/parenting-and-child-care/parenting/parenting-sa/parent-easy-guides/grief-and-loss-parent-easy-guide>

#### **The Child's Loss: Death, Grief, and Mourning By Dr. Bruce Perry**

gives a great overview of what grieving children go through as well as common asked questions.  
<http://www.scholastic.com/browse/article.jsp?id=4039>

Adapted from Resources found on:  
[www.schoolmentalhealth.org](http://www.schoolmentalhealth.org)  
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MHAMD ~ 443-901-1550 ~ [www.mhamd.org](http://www.mhamd.org)

MCF ~ 410-730-8267 ~ [www.mdcoalition.org](http://www.mdcoalition.org)

The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with schools and community champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)