



# NEW HOPE GRIEF SUPPORT COMMUNITY

## Tips for Grieving Students Returning to School

### **COMMUNICATE** with teachers and school staff

Inform your teachers and school counselors about your student's loss and how it may affect them. This will help them understand your situation and provide support

### **PREPARE** your student for the return

Discuss what to expect on the first day of school, including potential triggers and emotions. Reassure your student that their feelings are valid and normal.

### **ALLOW** flexibility

Understand that your child's grief may impact their academic performance. Be flexible with their expectations and seek accommodations if necessary.

### **ESTABLISH** a comforting routine

Create a predictable daily routine that can offer stability and a sense of security during this difficult time.

### **ENCOURAGE** healthy coping strategies

Help your student find healthy ways to cope with grief, such as through art, writing, sports, or spending time with loved ones.

### **SIGN UP** for a grief group

If available, consider enrolling your child in a grief group to help them process their feelings and connect with others going through similar experiences.

### **TAKE CARE** of yourself

Supporting a grieving child can be emotionally taxing. Take care of your own well-being so that you can be a stable and nurturing presence for your child.

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FOR MORE RESOURCES ON HOW TO SUPPORT YOUR CHILD



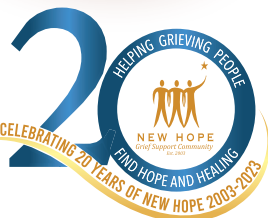
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