

# Talking to Children about Grief and Loss Related to COVID-19



## Videos

### Feeling Worried

Children may be having some big feelings, like worry and anxiety. But there are ways you can help them talk about their feelings and provide a sense of safety and calm.

<https://sesamestreetincommunities.org/topics/health-emergencies/?activity=feeling-worried-bundle>

### Disenfranchised Grief and COVID-19

In this webinar we review the unique aspects of the pandemic that contribute to disenfranchising grief both before and after death. We also offer interventive strategies that can assist disenfranchised grievers as they cope with dying, death, and grief.

<https://hospicefoundation.org/Education/Disenfranchised-Grief-and-Covid-19>

## Articles

### Helping Children with Traumatic Separation & Grief Related to COVID-19

This tip sheet is for caregivers or other adults supporting children with traumatic separation or traumatic grief related to COVID-19.

[https://www.nctsn.org/resources/helping-children-with-traumatic-separation-or-traumatic-grief-related-to-covid-19?utm\\_source=ebulletin&utm\\_medium=email&utm\\_campaign=nctsn-ebulletin](https://www.nctsn.org/resources/helping-children-with-traumatic-separation-or-traumatic-grief-related-to-covid-19?utm_source=ebulletin&utm_medium=email&utm_campaign=nctsn-ebulletin)

### Talking with Children about Coronavirus

Children are certainly hearing about the coronavirus and may have feelings and questions that you can help them process.

<https://www.fredrogerscenter.org/wp-content/uploads/2020/03/FRC-COVID19-Response.pdf>

## Books for Children

Trinka and Sam Fighting the Big Virus: Trinka, Sam, and Littletown Work Together  
Designed to help young children and families talk about their experiences and feelings related to COVID-19 and the need to shelter in place.

[https://www.nctsn.org/resources/trinka-and-sam-fighting-the-big-virus?utm\\_source=ebulletin&utm\\_medium=email&utm\\_campaign=nctsn-ebulletin](https://www.nctsn.org/resources/trinka-and-sam-fighting-the-big-virus?utm_source=ebulletin&utm_medium=email&utm_campaign=nctsn-ebulletin)

## Links to Explore

- Association of Child Life Professionals <https://www.childlife.org/resources/covid-19-resources>  
*Divided into sections for child, parents, professionals, etc. Includes links to activity books, coloring books, videos, informational blogs, educational handouts, podcasts, etc.*
- Child Life Mommy <https://childlifemommy.com/covid-19/>
- University of Pgh Office of Child Development <https://ocd.pitt.edu/coronavirus-resources>
- UNICEF <https://www.unicef.org/coronavirus/covid-19>