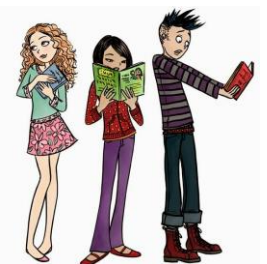


# Developmental Stages of Grief:



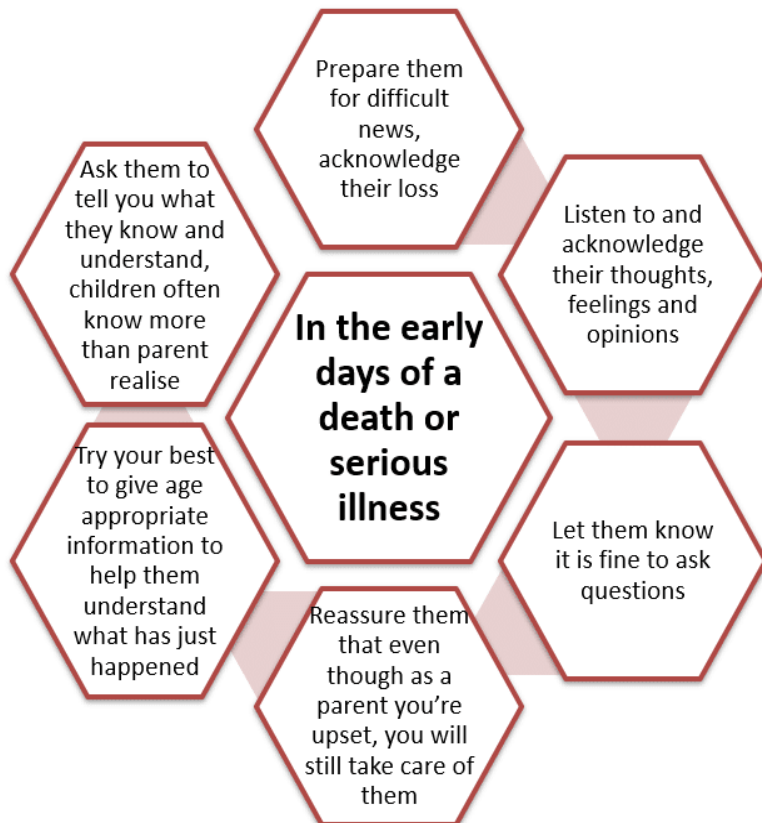
Age	Thoughts	Feelings	Actions	Interventions
0–3 years			<ul style="list-style-type: none"> <li>■ Cry</li> <li>■ Cling</li> <li>■ Exhibit regressive behavior</li> </ul>	<ul style="list-style-type: none"> <li>■ Hold the child</li> <li>■ Reassure calmly</li> </ul>
3–5 years	<ul style="list-style-type: none"> <li>■ Loved one will return; loved one is just away</li> </ul>	<ul style="list-style-type: none"> <li>■ Confused</li> <li>■ Anxious</li> <li>■ Fearful</li> <li>■ Separation anxiety</li> <li>■ Sad</li> <li>■ Angry</li> </ul>	<ul style="list-style-type: none"> <li>■ Cry</li> <li>■ Temper tantrum</li> <li>■ Nightmares</li> <li>■ Regress</li> <li>■ Cling</li> </ul>	<ul style="list-style-type: none"> <li>■ Provide extra attention</li> <li>■ Reassure calmly</li> </ul>
6–9 years	<ul style="list-style-type: none"> <li>■ Wonder if loved one can return</li> <li>■ Believe deceased can still function</li> <li>■ Believe their actions or words caused the death</li> </ul>	<ul style="list-style-type: none"> <li>■ Confused</li> <li>■ Anxious</li> <li>■ Fearful</li> <li>■ Separation anxiety</li> <li>■ Sad or angry</li> <li>■ Fearful they might die too</li> </ul>	<ul style="list-style-type: none"> <li>■ Cry</li> <li>■ Temper tantrum</li> <li>■ Nightmares</li> <li>■ Regress</li> <li>■ Cling</li> <li>■ Difficulty in concentrating</li> </ul>	<ul style="list-style-type: none"> <li>■ Provide extra attention</li> <li>■ Tell the truth appropriately</li> <li>■ Reassure (not responsible for death)</li> <li>■ Encourage physical or artistic expression of grief</li> </ul>
9–12 years	<ul style="list-style-type: none"> <li>■ Understand finality and irreversibility of death</li> <li>■ Believe their actions or words caused the death</li> </ul>	<ul style="list-style-type: none"> <li>■ Sad</li> <li>■ Confused</li> <li>■ Anxious</li> <li>■ Withdrawn</li> <li>■ Lonely</li> <li>■ Guilty</li> </ul>	<ul style="list-style-type: none"> <li>■ Exhibit aggressive or impulsive behavior</li> <li>■ Engage in risky or dangerous behavior</li> <li>■ Obtain worse grades at school</li> <li>■ Have difficulty concentrating</li> </ul>	<ul style="list-style-type: none"> <li>■ Provide extra attention</li> <li>■ Tell the truth appropriately</li> <li>■ Reassure (not responsible for death)</li> <li>■ Encourage physical or artistic expression of grief</li> <li>■ Maintain structure, limits, and rules</li> </ul>
12–18 years	<ul style="list-style-type: none"> <li>■ Understand finality, irreversibility, nonfunctionality of death</li> <li>■ Believe their actions or words caused the death</li> </ul>	<ul style="list-style-type: none"> <li>■ Sad</li> <li>■ Confused</li> <li>■ Anxious</li> <li>■ Withdrawn</li> <li>■ Lonely</li> <li>■ Guilty</li> </ul>	<ul style="list-style-type: none"> <li>■ Exhibit aggressive or impulsive behavior</li> <li>■ Engage in risky or dangerous behavior</li> <li>■ Obtain worse grades at school</li> <li>■ Have difficulty concentrating</li> </ul>	<ul style="list-style-type: none"> <li>■ Seek community and school support</li> <li>■ Maintain structure, limits, and rules</li> <li>■ Encourage physical or artistic expressions of grief</li> </ul>



# Developmental Stages of Grief

(Children's Grief Center of New Mexico)

<u>Age</u>	<u>Concept of Death</u>	<u>Task to Master</u>	<u>Grief Response</u>
<u>Ages 2-5</u>	Death is temporary	Permanent	Regression; Questions; Confusion
<u>Elementary School Age</u>	Starting to understand irreversibility; Interest in body and details of death	Not reversible	Regression; Questions; Repetitive questioning; Fear of death
<u>Mid - High School Age</u>	Ability to think abstractly. Can conceptualize death.	Universal; Unavoidable	"Adult-like response;" Denial, Anger, Depression.



## Online Resources:

WHAT'S YOUR GRIEF?

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The Dougy Center

The National Center for Grieving Children & Families