

Brief Information on Childhood Grief and Traumatic Grief

In both normal childhood grief (also called *uncomplicated bereavement*) and childhood traumatic grief, children typically feel very sad and may have sleep problems, loss of appetite, and decreased interest in family and friends.

In both normal and traumatic grief, they may develop temporary physical complaints or they may regress, returning to behaviors they had previously outgrown, like bed wetting, thumb sucking, or clinging to parents.

Both groups of children may be irritable or withdrawn, have trouble concentrating, and be preoccupied with death.

What Is Normal Grief?

Children experiencing normal grief reactions engage in activities that help them adapt to life. Through the normal grief process children are typically able to:

- Accept the reality and permanence of the death.
- Experience and cope with painful reactions to the death, such as sadness, anger, resentment, confusion, and guilt.
- Adjust to changes in their lives and identity that result from the death.
- Develop new relationships or deepen existing relationships to help them cope with the difficulties and loneliness that may have resulted from the death.
- Invest in new relationships and life-affirming activities as a means of moving forward without the person being physically present.
- Maintain a continuing, appropriate attachment to the person who died through such activities as reminiscing, remembering, and memorializing.
- Make meaning of the death, a process that can include coming to an understanding of why the person died.
- Continue through the normal developmental stages of childhood and adolescence.

What Additional Challenges Increase the Risk of Childhood Traumatic Grief?

Some evidence suggests that bereaved children who experience additional challenges related to the death—called *secondary adversities*—or who are already facing difficult life circumstances are at risk for experiencing traumatic grief. For example, a child who must move after the death of a father must contend with both the absence of a parent and disruption of a social network. A child who witnessed the murder of her mother may face an array of severe additional adversities, such as participation in legal proceedings and facing intrusive questions from peers. Children whose lives are already very complicated and filled with challenges and adversities may be particularly susceptible to developing traumatic grief reactions.

What Is Childhood Traumatic Grief?

This brief information guide to Childhood Traumatic Grief summarizes some of the material from the “In-Depth General Information Guide to Childhood Traumatic Grief,” which can be found at www.NCTSNet.org.

- Childhood traumatic grief is a condition that some children develop after the death of a close friend or family member.
- Children with childhood traumatic grief experience the cause of that death as horrifying or terrifying, whether the death was sudden and unexpected or due to natural causes.
- The distinguishing feature of childhood traumatic grief is that trauma symptoms interfere with the child’s ability to work through the typical bereavement process.
- In this condition, even happy thoughts and memories of the deceased person remind children of the traumatic way in which they perceive the death of the person close to them.
- The child may have intrusive memories about the death that are shown by nightmares, feeling guilty, self-blame, or thoughts about the horrible way the person died.
- These children may show signs of avoidance and numbing such as withdrawal, acting as if not upset, and avoiding reminders of the person, the way the person died, or the event that led to the death.
- They may show physical or emotional symptoms of increased arousal such as irritability, anger, trouble sleeping, decreased concentration, and drop in grades, stomachaches, headaches, increased vigilance, and fears about safety for oneself or others.
- These symptoms may be more or less common at different developmental stages.
- Left unresolved, this condition could lead to more serious difficulties over time.
- Not all children who lose a loved one in traumatic circumstances develop childhood traumatic grief; many experience normal grief reactions.

What to Do for Childhood Traumatic Grief

Children with childhood traumatic grief often try to avoid talking about the deceased person or their feelings about the death, but talking about it may be important for resolving trauma symptoms that are interfering with the child’s ability to grieve. If symptoms similar to those listed on this sheet persist, professional help may be needed. The professional should have experience working with children and adolescents and specifically with issues of grief and trauma. Treatment itself should address both the trauma of the death and grief symptoms.

Effective treatments *are* available, and children can return to their normal functioning. If you do not know where to turn, talking to your child’s pediatrician or a mental health professional may be an important first step. They should be able to provide you with a referral to a mental health professional that specializes in working with children and adolescents experiencing traumatic grief reactions.

Additional information is available from the National Child Traumatic Stress Network at www.NCTSNet.org. Adapted from the NCTSN document The Courage to Remember: Childhood Traumatic Grief Curriculum Guide in 2014.