



eluna

.....
RESOURCE CENTER
elunanetwork.org/resources

POSTCARD POINTERS

Supporting youth
grieving an anticipated death



Anticipatory Grief

Supporting youth with
anticipatory grief

For more
ANTICIPATORY
GRIEF resources
scan here:



Pointers:

- Reassure youth that it isn't their fault & they are not alone
- Embrace all feelings & give permission to be happy. *"_____ is really sick and we don't know if their body will get better. You may have been seeing or experiencing strong feelings – from sadness & anger to joy & laughter - we welcome them ALL."*
- Create or order a care package with comfort items & activities
- Build a legacy book or box with photos, keepsakes, etc.
- Consider peer support groups & grief camps, such as Camp Erin
- Welcome questions & LISTEN! LISTEN! LISTEN!

Things to avoid:

- Empty reassurances, such as "Everything is going to be OK"
- Rushing the grief process or trying to fix it - It is ok to not be ok
- Telling someone how to feel or cope, such as "Be strong" or "At least...."
- Assuming all anticipatory grief is the same - let youth share personal experiences
- Abstract or broad terminology, such as "terminal" - use honest & precise language about the illness and its impact on the body and daily functioning