



How to be a good friend

to someone who is grieving



BE PATIENT

Be patient with your grieving friend. Your friend may not feel like laughing, smiling and doing things for a while.



LISTEN

Be a good listener. There are no words to make your grieving friend feel better. Listening instead of talking is most helpful.



UNDERSTAND

Grief is hard and stressful. Your grieving friend will not be their normal self. They may feel, think and act differently.



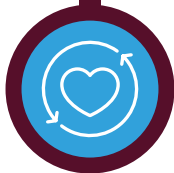
INCLUDE

Grief is often lonely and scary. Ask your grieving friend if they want to spend time with you. If they say no, ask again the next time.



TAKE ACTION

Tasks that were once easy may now take more time and effort. Help your grieving friend with their homework, chores, projects or other tasks.



BE KIND

Treat your grieving friend with kindness and respect. Show others how to do this, too.



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