



GOOD GRIEF ADVOCACY

Greetings from Good Grief!

You are receiving this packet as part of our advocacy initiative that targets professionals who directly impact how grieving children and teens will respond after death and loss. We want to help you be grief-informed and equipped to support grieving families where they work, live and play!

HOW RELATIONSHIPS IMPACT RESILIENCE



BUILDING RESILIENCE THROUGH FRIENDSHIP

We all want our children to be resilient—to bounce back after the bumps and bruises that life throws their way. Resilience helps children to stay healthy through the big challenges like a death, loss, neglect, abuse, and other adversity. Resilience also benefits children with the everyday challenges of school, extracurricular activities, and their home life. So, how can we help to cultivate resilient responses?

Research points to two primary aspects of building resilience:



Supportive Relationships

Adaptive Skills



A CULTURAL PROBLEM

A new survey by The New York Life Foundation reveals that a majority of respondents reported it takes as many as **6 years** to move forward after experiencing loss, but that support from family and friends wanes within **3 months**.



CREATING SUPPORTIVE RELATIONSHIPS

The simplest thing you can do to help a child to be resilient in the face of challenges, adversities, and losses is to ensure they are surrounded by supportive relationships. Here are some ways you can do that:

- 1 If you notice a child struggling, find out what is going on and determine how you can help.
- 2 If possible, connect them to a child of a similar age who is navigating a similar adversity.
- 3 Teach children to be kind to one another — especially when peers are going through hard times.
- 4 Children learn a lot by watching adults, so modeling empathy is one of the best things you can do!

[MORE TIPS AND RESOURCES](#)