

## How to Comfort the Bereaved Teen

1. Be present to them with loving compassion.
2. Permit teens to own their pain. To empathize is one thing; to interfere is another.
3. Listen with your heart. Allow their sorrow to surface so they can heal.
4. Accept any and all expressions of grief.
5. Permit the teen to talk about the deceased. Talking is therapeutic.
6. Be available to comfort during bouts of intense grief and loneliness.
7. Encourage rest, nutrition and exercise.
8. A simple “thinking of you” note promotes healing.
9. Be willing to listen, listen, listen and listen again. Discussing the deceased is a necessary part of healing.
10. Mention the deceased by name. It encourages the teen to talk.