

when families grieve™

Coping with the death of a loved one brings enormous challenges for the whole family. Grieving may never completely end, but working through the difficult feelings can become easier with time. Through support, open conversations, and finding ways to keep the person's memory alive, families can begin healing together. Sesame Street offers resources that can help.



- **Guidance for talking to children about death**
- **Printable activities to understand and express emotions**
- **Child friendly videos**
- **Tools for helping children cope**

www.sesamestreetincommunities.org/grief

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