

Talking with Children (Ages 2–10) About Grief

A Biblical Guide for Parents & Caregivers

Young children experience grief differently than adults. They often express it through play, behavior, and simple questions. Here's how to walk with them biblically.

Key Biblical Truths

Jesus welcomed children and showed them special care (Mark 10:13-16).

God is near to those who are hurting (Psalm 34:18).

Children can understand that God loves them and is with them.

How to Talk with Young Children

Use simple, honest words. Avoid confusing phrases like “went to sleep” or “we lost them.”

Reassure them it's not their fault. Children often blame themselves.

Let them ask questions — even the same ones over and over.

Use play, drawing, or stories to help them express feelings.

Keep routines stable when possible — it brings security.

What to Avoid

Don't pressure them to “be strong,” hide your own tears, or rush them through grief. Children need permission to feel sad.

*Jesus said, “**Let the little children come to me.**” You can help them come to Him with their grief.*