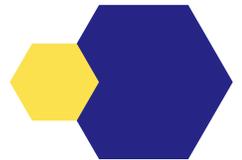


# How To Support Grieving Siblings

The loss of a sibling to cancer is a life-changing trauma. Most friends and family feel uncertain about what to say or do. Here are just a few things to keep in mind.

Honor their role in the family. Make space for feelings of confusion that arise as children navigate things like disruptions to birth order.

Be prepared for children to re-grieve as they enter new developmental stages. If a child goes through a loss at age 3, they will eventually have to navigate the same feelings as someone who goes through a loss at age 13.



It is normal for children to test boundaries after a traumatic event, because nothing feels certain anymore. Calmly enforcing limits shows that boundaries are still real without shaming big emotions.

Don't force a certain timeline or order to grief. Children benefit from control over when and how they talk about their grief.

When in doubt, remember that children are the most resilient when surrounded by loved ones who listen.