



Wonders & Worries

Professional support for children
through a parent's illness.

We will, together.



COVID-19:

Supporting Children at End of Life

Your parent has been in the hospital after getting sick from COVID-19. The doctors checked on your parent throughout each day and night, doing everything they could to help your parent get better. They gave medicine and used the ventilator so your parent's body could rest and try to build strength. This helps some people get better, and we were hopeful this would help your parent too. The doctors did everything they could, but your parent did not get better. COVID-19 was too strong for your parent's body to fight, and your parent died. Do you know what it means to die?

Concrete Language for Young Children:

When someone dies, their body does not work. Their heart does not beat, and their lungs do not breathe. They cannot think, move, see, talk, or eat. They will not be at home with you anymore.

VALIDATE

- This is shocking and upsetting news.
- I know you're sad. I feel sad too.
- It's okay to cry; it's also okay not to cry right now.
- You might see other people crying, and that's okay. They feel sad too.

ASK WHAT YOUR CHILD NEEDS

- What do you need right now? (hug, time alone, time with family, to talk, not to talk, etc.)

- Maintain open communication, and let your child know you are available to listen whenever they need to talk.

COPING WITH LIMITED OR NO VISITATION POLICIES

- If the hospital has a no visitation policy, explain why. Hospitals are not allowed to let anyone visit because it is the only way to protect other people from catching COVID-19. Everyone else must follow this rule too.
- Acknowledge and validate their feelings about not being able to visit (it's okay to feel sad, mad, frustrated, etc. I feel that way too).

HOW TO SAY GOODBYE FROM HOME

- Ask if the nurse could call your home, from the parent's hospital room, so the child can say goodbye.
- Encourage the child to write a letter to their parent.
- Share memories about their parent.
- Look at pictures of their parent.
- Allow the child to choose a few special belongings of their parent to keep.