

## What will grief look like in my child?

Grief will be different for all children.

Children with high self-esteem will generally be less affected by grief. Grief can often be seen in children's behaviour.

They may react to death as an adult would, feeling sadness, loss, yearning and heartache. They may struggle to control their reactions. They may experience night-walking and nightmares. They may partake in risk seeking behaviour and may have difficulties in school and with friends.

If a child has witnessed the miscarriage, the feelings and memories of the trauma can lead them to have flashbacks. These can be frightening and are difficult to control. The child can be left feeling nervous and the flight or fight response will kick in. Adolescents may find it difficult to open up and to describe how they are feeling. The flight or fight response raises adrenalin which may in turn bring on symptoms such as elevated heart rate (palpitations), headaches, abdominal pains and lethargy.

### Further Support:

<https://www.cruse.org.uk/get-help/about-grief/childrens-grief>

<https://www.winstonswish.org/>

[Morgan's Wings](#)

<https://www.facebook.com/morganswings>

Or e-mail us on [info@morgans-wings.co.uk](mailto:info@morgans-wings.co.uk)

## Talking to children about Miscarriage - Adolescents

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*Supporting Parents  
Going Through  
Miscarriage*

## How will grief affect my child?

Not all parents will have told their children (or other children in their family) that they are expecting a baby. If you have told your child, then you may now find yourself in the unfortunate position of having to tell your child that the baby has died. If you did not tell your children you were pregnant, you may still wish to tell them of your miscarriage.

Adolescents have a good understanding of death and the irreversibility of it. They can be empathetic but may be reluctant to talk about their own feelings. Girls are more likely to reach out to peers for support than boys. They may feel a sense of injustice and become preoccupied with it, trying to find a meaning behind the death. They may focus on the worst possible case and may feel responsible for the death or may feel that they should have done things differently.

## How can I help them?

In the aftermath of miscarriage, it is important to talk to your child and encourage them to open up about their feelings. It may be hard for you to talk to your children about your miscarriage so it may be easier to ask a trusted relative or friend. It is important to be as honest as you can without worrying them more. It is important to stick to routines. Children, even at this age, feel safest when they know what to expect. If a change of routine is needed it is vital that this is discussed with the child ahead of time (where practical) and that they know how long it will last. It is also important to allow the child to see you grieve unless you are using unhelpful coping mechanisms.

It can be useful to include children in creating a memory box, or making cards etc. Involve your child in commemorating your baby, this could be done annually. You can also encourage your child to write a letter or journal.