



Forty Carrots
Family Center

Parenting Through Grief: A Gentle Guide

From Forty Carrots Family Center – Sarasota & Manatee Counties

1. Let Yourself Grieve

It's okay for children to see you cry.

Say simple truths: "I'm sad today because I miss Grandma."

2. Keep the Conversation Open

Invite questions, even when you don't have answers.

Reassure them: "You can ask me anything."

3. Share Memories Together

Look at photos, cook a favorite meal, light a candle.

Memories help grief and love coexist.

4. Respect Different Grief Styles

Every child grieves differently.

Remind them: "However you feel, it's okay."

5. Balance Structure & Flexibility

Keep routines like bedtime and meals steady.

Lower the bar when needed — "enough for today" is okay.

6. Reach Out for Support

Local therapy, support groups, faith communities, and parenting education are available.

Asking for help shows courage and teaches resilience.

Remember: Love doesn't end here. Your presence, even in grief, is what matters most.

Parenting Education and Child + Family Therapy Services

941.365.7716

1350 Cattlemen Rd

Sarasota, FL 34232