



In cooperation with Highmark Healthy High 5, an initiative of the Highmark Foundation, a tax-exempt, private foundation that supports initiatives and programs to improve the health and quality of life of the communities it serves.



The Facts About Children and Grief

- One child in 20 will have a parent die by the time they turn 18. (U.S. Bureau of the Census, 1990).
- One child in every seven will experience the death of an immediate family member – mother, father, brother, sister, grandparent – by the age of 10. (Children's Bereavement Center of South Texas, 2005).
- Long-term denial of death or avoidance of grief is unhealthy for children and may resurface later with more severe problems. (National Mental Health Association, 2006).
- It is estimated that 73,000 children die every year in the United States. Of those children, 83 percent have surviving siblings. (Annie's Hope the Bereavement Center for Kids, 2005).
- Only 11 percent of U.S. public schools offered a course or unit on death education, and only 17 percent had grief support programs. (Wass, Miller and Thornton, 1990).

According to Harvard's Child Bereavement Study (2001):

- Many children are more at risk for emotional and behavioral difficulties two years after the death of a parent than they were one year after the death.
- Many children feel a lower sense of self-worth two years after the death.
- Many children feel more fearful one year after the death than right away.
- Time does not necessarily heal all wounds by itself.
- Both children and parents do best in coping with grief with the support of family and peers.
- The only way through grief is to grieve.

For more information about the Highmark Caring Place, visit www.highmarkcaringplace.com.



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