



FOUR SEASONS
GRIEF SERVICES

**Understanding Grief Reactions of:
Infants to Toddlers**

Children experience and react to death and grief based on many factors. One of the most relative factors is their “developmental stage” or their age and consequent ability that allows for comprehension and coping with the death experience.

Babies and very young children are very sensitive to the changes a loss can bring about. They notice increased anxiety and sadness in the home, especially if the main caregiver is distressed or if there is an extreme change in the emotional atmosphere of the home.

- Crying spells
- Irritable bowels
- Fitful Sleeping

It is important to provide consistent schedules and frequent comforting through physical cuddling and calming reassurances. The use of soothing music and warm baths may be necessary for a while to calm the disturbed infant. It may be necessary to request assistance from a close friend or relative to care for the infant during your own emotionally heightened times of the funeral and burial. However, the separation could also heighten the infant’s anxiety, so close observation of exaggerated grief reactions mentioned above will be needed. If extreme symptoms (from above) persist beyond a 2 month period following the death, seek medical attention.