

# Death and Dying

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## What Children and Adolescents want from adults following a death

1. Tell me the truth
2. Let me know it is okay to talk to you
3. Let me see you cry if you are sad
4. Gently touch my shoulder or hold my hand
5. Validate my loss
6. Tell me all my feelings are okay
7. Understand I need to say goodbye in my way
8. Don't expect too much of me
9. Understand I may want to talk to someone outside of my family