



Help Us Understand Grief

HUUG

Aidez-nous à comprendre le deuil



HURON HOSPICE

The Help Us Understand Grief (HUUG) Program provides short term supports and education to children, youth, and families living with serious illness, dying, death, and grief. Like all our services offered at Huron Hospice, HUUG is available to families at no cost.

Many adults feel apprehensive or unprepared to speak to young people about illness, dying, and death, often due to a desire to protect them from the pain of grief. However, children have expressed their desire to be informed about a family member's diagnosis, treatment, prognosis, end-of-life care, and death. Many children and youth wished to be told the truth as fully and as soon as possible, to be included in rituals following a death, and to be recognized as grievers alongside adults.

Communicating with children about dying, death, and grief can be very challenging, but having honest, early, and open communication can benefit a child by:

- Making illness, death, and grief a safe, rather than taboo, subject
- Reducing the likelihood of hearing the news accidentally or from people less informed
- Lessening the likelihood of imagining scenarios that leave them more anxious and fearful.
- Inviting children to ask questions and be open with people they trust.
- Helping children understand the physical or emotional changes they may be seeing.
- Inviting them to think about how they would like to be involved with the person who is ill or dying
- Giving children the chance to say goodbye in a way that is right for them

For more information on the benefits of facilitating early and honest conversations with grieving children, please visit: www.kidsgrief.ca