A RESOURCE FROM NACG MEMBERS

NACG
NATIONAL ALLIANCE FOR CHILDREN'S GRIEF

Supporting Children Grieving a Homicide Death

Introduction

When a homicide death occurs, it can be a confusing, frightening, and overwhelming time for children connected to the person who died. This toolkit is intended to provide accessible strategies, considerations, and insights for those providing a supportive environment to children as they navigate their grief.

301,000 children in the United States will be bereaved of a parent or sibling by age 18 due to homicide.

(Judi's House, 2022)

A Note About Word Choice

We know the words we use when supporting a child who is grieving are important. Below is a list of common terms and language associated with homicide death that are used throughout this toolkit.

Homicide – A death caused by the actions of another person, whether those actions were intentional or unintentional.
Murder – The intentional and unlawful killing of another person.
Victim – The person who died as a result of a homicide.
Survivor – The family members, friends, and community of the person who died.

Grief, Trauma, and Traumatic Death

Grief is the natural response to the death of someone in a child's life. Homicide is considered a type of traumatic death—one that is sudden, unexpected, or violent. Although the word "traumatic" may suggest trauma is inevitable, that is not always true.

Grief and trauma can overlap, but they are not the same. If grief involves overwhelming fear, helplessness, or a sense that one's world is no longer safe, and those feelings last for a significant amount of time, it may be trauma.

Possible Behavioral Shifts

A child's behavior may shift after a homicide death. Some reactions caregivers might see include:

- Intense anger or rage
- Nightmares or day terrors related to the death
- Fear that they or someone else may be harmed
- Physical symptoms, such as tightness in the chest
- Heightened alertness or being easily startled
- Thoughts of revenge

Support Matters

Children and families grieving a homicide death often benefit from support that recognizes the unique circumstances and emotional impact of this type of death. Peer support groups, community-based programs, and individual counseling can all play an important role. A list of resources is shared as part of this resource for additional information or support.

What Makes Homicide Grief Unique

The often violent nature of a homicide is a unique consideration and can make the death feel more difficult to talk about. It is important, however, to share honest, clear, age-appropriate information with the child about what happened to the person who died and what is known. Young people are often more aware of what is happening around them than adults realize, especially given their access to media and the internet. When children are left without accurate information, they may fill in the gaps themselves, and those assumptions can be more frightening than the truth.

Hearing what happened from a trusted adult, using calm and concrete language, can help children feel safer and more grounded. These conversations are not one-time events. Letting them know they can come back with questions, now or later, helps build a sense of security. Their questions will change over time, and it is helpful to let their curiosity and concerns guide ongoing conversations.

Children and caregivers may experience a wide range of reactions, including fear for personal safety, loss of privacy, or concern for others. Even when these worries cannot be fully resolved, acknowledging them matters. There is no set timeline for grief and it is normal for it to resurface at different times. Media attention, public scrutiny, and legal proceedings can intensify grief and shape how families and communities experience and express their grief. These experiences frequently unfold within systems shaped by stigma and inequality, which can add further stress and isolation.

When to Seek Additional Support

After any death, it is important to monitor changes in the frequency, intensity, and duration of family members' behaviors; however, given the added complexities of grief following a homicide, children may be more likely to need additional support, as this type of death can bring unique challenges beyond those experienced after other deaths. Noticeable changes may require additional support from an experienced, trained professional. Below are some examples of changes to look for:

- Inability to go to work or school
- Difficulties in relationships
- Sleep problems or nightmares
- Disproportionate anger or irritability
- Increased health issues
- Feelings of hopelessness
- Social withdrawal
- Self-harm, suicidal thoughts, or suicidal ideation

These changes can impact a child or teen and their support system. Awareness of these changes can help create a supportive and safe environment for them. It is important to continue to show up for the child in meaningful ways, ask what they need, and listen. Childhood bereavement professionals exist to support families after a death; do not hesitate to reach out for professional support for these changes or any other concerns.

Sometimes grievers benefit from connecting with others for support, which can help them feel less alone and validate their experiences. It is important to honor each person's readiness and recognize support needs may change over time. Additional support in your area can be found at https://nacg.org/find-support/.

Information for Family Members

A homicide death is often sudden, unexpected, and violent, which can make it especially confusing and overwhelming for children. As a caregiver, you play a central role in helping your child feel safe and supported during a time that may be filled with fear, sadness, anger, and unanswered questions. Your presence, responses, and willingness to engage in difficult conversations all matter. When caregivers understand how grief following a homicide can affect children and feel more equipped to support them, they are better able to offer the steady, reassuring care young people need as they grieve.

With care and connection, children can learn ways to navigate their grief after a homicide death. This is true whether or not the death was experienced as traumatic. One of the most important factors in a child's ability to be resilient is the support they receive from caregivers and other trusted adults in their life. Your relationship with the child, shown through comfort, patience, and a willingness to listen, matters far more than having all the "right" answers.

Caregivers are often grieving as well, and tending to your own emotional needs is an essential part of being able to support the child. Caring for the child when they are grieving is not easy, and there is no single "right" way to do it. This resource is meant to offer information, reassurance, and practical guidance to help you feel supported as you support the child. You are not alone in this.

Understanding of death and grief for children is linked to a child's development. To learn more about how best to support the child please review our dedicated Developmental Understandings resource.

Example of Sharing the News of a Homicide Death

Telling a child someone has died by homicide is one of the hardest conversations a caregiver may have. It is normal to feel overwhelmed, unsure of what to say, or afraid of saying the wrong thing. There is no perfect way to have this conversation. What matters most is the child hears the truth from a trusted adult, delivered with care, honesty, and presence. As you prepare for the conversation, practice the conversation and consider:

- **Where to share:** At their home or at a place the child feels safe.
- **Who should share:** An adult the child has a pre-existing and safe relationship with (i.e., caregiver, grandparent, family member)
- **When to share:** When the child is not hungry or tired and when the adult has time to sit with the child after and be with them for support if needed.
- **How to share:** Be yourself and use a neutral tone. We encourage you to not rush through this conversation, taking deep breaths yourself, and moments to pause.

Start by sharing: *"[Person's name] was [shot, hurt, other] and it made their body stop working, and that means they died."* If relevant, you may want to briefly describe attempts to save the person. *"The doctors tried very hard, but the injury was too severe."*

Questions the Child May Ask

Follow the child's lead and answer their questions specifically and honestly. If you don't know, it is okay to say so.

- **How did they die?** *"They were [cause of death] and it made their body stop working."*
- **Who killed them?** Answer honestly or state you do not know but the police are working to find the person responsible.
- **Why did that person kill them?** A possible answer would be: *"We don't have all of the answers right now. Some questions may not have clear answers, and that can feel really hard."*

Remember:

- Allow space for the child to ask questions throughout the conversation. The child's questions are a good way to gauge what they are ready to hear.
- It is okay for you to show emotion. Briefly naming your feelings ("I'm sad too") can help the child understand theirs, but keep the focus on supporting them.
- Help the child identify several supportive adults they can talk to—having more than one trusted person strengthens resilience.
- Validate and allow space to process all emotions that may arise. Give the child permission to feel all their feelings and normalize what they are feeling.
- Use clear language (e.g., died instead of passed away or lost).
- All families have different understandings and beliefs about death. We encourage you to use words and explanations that fit your family beliefs.
- It is okay to take a break from the conversation and follow up later.

For additional support in telling a child someone has died, please view our Telling a Child Someone has Died resource.

Supporting the Child in Returning to Activities

Sometimes people may ask the child questions about how their person died. Here are some things to consider sharing with them, so they are prepared. Let them know people will ask questions for different reasons. Some ask because they care, some are just curious, and sometimes people ask without thinking first. Let the child know they get to choose what they share and what they do not share. Reassure them they are not required to tell anyone who asks anything they are not comfortable with. They are not being rude when protecting their story, they are taking care of themself.

Here are some ways the child can answer:
"I'm not ready to share that. Can we talk about something else?"
They died in a sad way, and I don't want to talk about the details."
"It was a homicide, and it's hard to talk about."
"Someone hurt them, and they died."

If someone keeps asking, they can say, *"I said I don't want to talk about it. Please stop asking."* They can also walk away and find a trusted adult if someone will not stop. Support the child in thinking through who this person might be.

If the child is not sure what to say in the moment, it is okay to say: *"I don't know what to say right now."*

Consider practicing these answers together, so the words will feel easier when they need them. Reassure the child they will not get in trouble for choosing not to share anything that makes them uncomfortable.

What makes this type of grief different from other types of grief?

Grief after a homicide death can feel very different from other types of loss. The circumstances surrounding the death, the impact on the family, and the way the community responds all shape how a child experiences and expresses their grief.

Circumstances of the Death

- **The death is sudden and violent.** Homicide deaths are unexpected and can feel shocking or overwhelming for children and families.
- **Information may be limited or unclear.** Law enforcement may not be able to share many details right away, which can leave caregivers and children with questions, confusion, or worry.
- **A child may have witnessed the death.** This can be frightening and distressing, especially when the child had no way to prepare for what they saw.
- **Grief may feel stigmatized.** Talking about homicide is uncomfortable for many people. Families may worry about being judged or fear others will make assumptions about the person who died. This can make it harder to share openly about their grief.
- **Mixed emotions are common**. If the death is believed to be related to criminal behavior—or if others make that assumption—children and caregivers may feel conflicted, guilty, or unsure whether they "deserve" support. All grief is valid, and everyone deserves support and care in their grief.

Impact on the Family

- **Concerns about safety are common.** You may worry about your own safety or the safety of people they care about, and fear of retaliation can add significant stress.
- **Home may no longer feel familiar or safe.** If the death occurred in the home, returning can be especially difficult and may bring up fear and distress. In some situations, families may also need to leave their home temporarily because of an active investigation, adding another layer of disruption during an already overwhelming time.
- **The person responsible may be someone the child knows.** This can create conflicting emotions, especially if the perpetrator is a relative or caregiver.
- **Your family may feel isolated.** Friends and extended family may not know what to say or feel uncomfortable discussing the circumstances, leaving you without necessary support.

Community Response

- **Many new systems become involved.** Families may need to interact with multiple systems following a homicide, including law enforcement, courts, attorneys, and victim advocacy services.
- **The justice process can be long and uncertain.** When the person responsible is unknown, or when investigations and legal processes move slowly, families may feel frustrated, powerless, or anxious. For some, these feelings are shaped by past experiences with the justice system,

which can add another layer of worry or mistrust. Uncertainty can be especially hard for children, who may struggle with unanswered questions and fears about safety or fairness.

- **Systemic inequities can intensify grief.** If the community or justice system responds inconsistently or dismissively, families may feel invisible or marginalized.
- **Media and social media attention can be intrusive.** Families may feel overwhelmed by public attention or, conversely, feel their person did not receive the care or respect they deserved.
- **Peer responses may vary.** Children may feel isolated, ashamed, or unsure how to talk about what happened. Peers may struggle to know how to support a classmate who is grieving.

Range of Emotions & Reactions a Child May Experience

Grief affects every part of a child's well being, and a wide range of reactions are normal. Children may move in and out of these feelings over time, and no two children grieve in the same way. Caregivers are not expected to fix these reactions—your presence and compassion make a meaningful difference.

- **Physical reactions** may include changes in sleep patterns, shifts in appetite, increased crying, stomachaches or general discomfort.
- **Emotional reactions** may include shock, sadness, anger, guilt, or mixed and conflicting feelings.
- **Cognitive reactions** may include trouble concentrating, intrusive or repetitive thoughts, difficulty making decisions.
- **Spiritual reactions** may include questioning beliefs, feeling disconnected, searching for meaning or understanding.

Additional Complexities When Someone Dies by Homicide

The child may struggle not only with the death itself but also with how the death is talked about—or not talked about—by others.

- **Children may question whether their grief is "allowed."** If the death happened during an event others label negatively, the child may feel judged or unsure whether they have the right to grieve. This can create internal conflict and deepen feelings of isolation.
- **Children may worry about what is safe to share.** The child may feel confused about how to answer questions or how much they can or should share.
- **Children may imagine or fill in missing details.** Even without witnessing the death, the child might visualize what they think happened. Limited or unclear information can lead them to create explanations.
- **Children may seek information online. When details are not provided, the child may look up information themselves.** This can expose them to information that was not previously shared with them, hurtful comments or inaccurate information.
- **If the relationship felt complicated or conflicted, children may experience a mixture of sadness, anger, relief, or guilt.** All of these reactions are valid. Caregivers can support the child by offering reassurance, patience, and space to explore their feelings without pressure.

Trauma & Helplessness

A homicide death may increase the child's potential for traumatic reactions. A homicide death may put a child's body into a "high alert" state, sometimes described as fight or flight. For most children, these reactions lessen over time as they are supported.

Safety & Security

A homicide death can disrupt a child's sense of safety, both for themselves and for the people they care about. Rebuilding a sense of security can take time, patience, and a predictable routine from caregivers, along with consistent reassurance there are trusted adults who care about them and are working to keep them and their family safe. You can help by:

- Encouraging the child to notice what they can control, such as small choices during the day.
- Maintaining or re-establishing family routines, which create structure and comfort.
- Letting the child know you are open to talking about anything bothering them.

Ways to Support a Sense of Safety (Rynerson, 2006)[1]

- Create consistent family rituals, especially around bedtime.
- Talk with the child about what it means to feel safe and what helps them feel that way.
- Offer open, developmentally appropriate information; honesty builds trust.
- Limit exposure to news or ongoing stories about the homicide.
- Remain open to repeated questions as children often need to ask things many times.
- Be emotionally available when the child needs comfort or reassurance.
- Share calming activities together, such as reading, walking, art, or quiet play.
- Set appropriate limits to help the child feel contained and supported.
- Identify places where the child feels safe such as at home, school, or in the community.
- Letting the child make choices where appropriate can help them feel more in control.

[1] *Rynearson, E.K. (Ed.). (2006). Violent Death: Resilience and Intervention Beyond the Crisis (1st ed.). Routledge. https://doi.org/10.4324/9780203961469*

Why & Responsibility

Children will likely try to understand why the death happened. They may ask "Why?" or "What if?" questions, or wonder whether they could have prevented it. Believing something they said or did caused the death is common. Children may also feel angry at the person who caused the death and express their anger through play, stories, or behavior.

As a caregiver, you can support the child by:

- Giving them permission to feel a wide range of emotions, including anger, confusion, sadness, fear, or guilt.
- Recognizing intense feelings sometimes show up as challenging behavior. Try to address the underlying emotions instead of focusing on the behavior.

Ways to Support Children Asking "Why?" or "What If?"

- Let the child know sometimes we do not have all the answers, particularly if the investigation or court process is still ongoing.
- Reassure the child they were not responsible for keeping the person who died safe and the death was not their fault.
- Model naming your own feelings and using safe coping skills (deep breathing, stretching, getting water, listening to music, playing, or punching a pillow). Example: *"I'm feeling overwhelmed right now, so I'm going to take a few deep breaths to take care of myself."*

Information for Community Members

As a coach, youth leader, mentor, family friend, or another supportive community member, you may be thinking, “What is my role in helping a child or teen after a homicide death?” Worrying about what to say, when to say it, and how your interactions may impact them is normal. This resource will provide practical information to help you.

Introduction

As a support person in a child's life, you play an important role in their grief. Before we talk about ways you can support a child, it is important to understand some of the factors that can make grieving this type of death complex. If you are looking for more general information about children and grief, the NACG has a series of GriefTalk resources.

Supporting children and families after a homicide death requires sensitivity, patience, and an understanding of the unique challenges this type of death creates. Knowing what families may be navigating can help community members offer care in respectful and genuinely supportive ways.

Can I ask the child what happened?

One of the first things people may ask when they hear someone died by homicide is, "What happened?". We should not ask a child what happened to their person. Being asked to share details can put them in a difficult position to share something that may feel private or painful. It can also shift the focus from their grief to the circumstances of the death, which may feel intrusive or overwhelming. Allowing children to share information only if and when they choose respects their boundaries and helps create a sense of safety and control during a time when so much already feels out of their control. Instead, we can let the child know we are there to support and listen to them.

Considerations

Homicide deaths often bring added layers of anger, fear, shock, and a sense of injustice as part of the grieving process. Alongside the need for comfort and care, families may also be navigating legal systems, investigations, and a desire for accountability. Families have the right to experience the full range of emotions that accompany a homicide death and should not be pressured to feel or respond in any particular way.

Privacy and boundaries are especially important for families grieving a homicide. Allow families to decide what they want to share, with whom, and when. Avoid asking questions about the details of the death or investigation, even if curiosity feels natural. Let the family decide what and when to share and follow their lead in conversations and interactions.

Gossip and speculation can cause real harm. Avoid sharing unverified information or engaging in discussion about the circumstances of the death, especially online. If the family has not given permission to share information publicly or receive condolences on social media, do not post about the death. Silence is a form of respect.

Homicide often affects not only the family, but also the wider community. Public vigils, memorials, and gatherings should be planned thoughtfully and with the permission of the family. Using the name of the person who died, honoring their life, and focusing on remembrance may feel supportive to the family over retelling details of the death or centering the violence itself.

Cultural, religious, and personal beliefs play a central role in how families grieve after a homicide. Practices related to rituals, dress, food, visitation, expressions of emotion, and views on justice can vary widely. Respecting these beliefs helps families feel supported rather than observed, judged, or misunderstood.

Homicide is also a stigmatized death, meaning it can carry negative assumptions or blame within society. Stigma may come from media coverage, law enforcement responses, or community attitudes, and there may be harmful narratives suggesting the victim or their lifestyle was somehow responsible for what happened. These messages, whether spoken or implied, can deepen pain and isolation. Stigma can significantly affect grief responses. Survivors may withdraw, feel silenced, or struggle with complicated emotions such as guilt, anger, or shame. Children and teens grieving a homicide may express themselves through changes in behavior, emotions, or relationships, which can be misunderstood or labeled as problematic rather than recognized as grief and trauma responses. Patience, compassion, and informed support can make a meaningful difference in helping families feel seen, believed, and supported.

Dr. Tashel Bordere coined the term "suffocated grief" (Bordere, 2019)[2], a research based concept that describes the unjust penalties assessed of grieving individuals and communities for their grief expressions. Populations encountering suffocated grief are not given the space, support, or permission to grieve. In lieu of compassionate support and care, grieving individuals and communities coping with stigmatized losses and/or ways of grieving may encounter unjust penalties for their grief. For families grieving a homicide death, this can occur when communities and institutions, apply punishments in an attempt to silence their grief (e.g., emotions, behaviors, thoughts), judge their responses, or demonize otherwise typical behaviors that stem from profound, traumatic loss. When grief is "suffocated," survivors may feel pressured to hide their pain or "stay strong," leading to deeper isolation and distress. Suffocated grief is especially pronounced for marginalized populations. Recognizing and naming suffocated grief helps communities respond in more culturally resonant ways allowing families to express their grief openly and without fear of costly consequences, penalties, and punishments for their grief expressions.

[2] *Bordere, T. (2019). Suffocated grief, resilience, and survival among African American families. In M. H. Jacobsen & A. Petersen's (Eds.), Exploring grief: Towards a sociology of sorrow. New York: Routledge.*

How to be a Support Person

A homicide death affects far more than the immediate family — it often impacts an entire community. These losses are often public, widely discussed, and can stir strong emotions such as anger, fear, confusion, or disagreement. When the person who died, or the person responsible, is part of your own community, it is natural to feel personally affected. Recognizing your own reactions is an important first step before offering support.

Before offering support to a child who is grieving, pause to reflect on your own connection to the death. Ask yourself:

- **Can I be a supportive presence for this child?** Supporting a child who is grieving requires emotional steadiness and the ability to center their needs, not your own feelings about the death.
- **Can I approach this loss without prejudice, assumptions, or judgment?** The child may have conflicting feelings — sadness, anger, fear or loyalty towards the victim, perpetrator or both. They need space to express those feelings freely.
- **Do I hold strong personal opinions or connections related to this death?** If you knew any of the people involved or feel strongly about what happened, it is okay to acknowledge that. It may simply mean you are not the best person to provide support. You can still help by connecting the family with someone who can.

Recognizing your own limits is not a weakness — it shows care and self-awareness. The goal is to ensure the child is supported by adults who are equipped to companion them.

If You Are the Right Person for Direct Support

When you are supporting a child following a homicide death, it is important to remember some key points:

- In the days and weeks after a homicide, a great deal happens very quickly. Your calm, steady presence can matter more than anything you say. Avoid trying to direct, correct, or fix a child's emotions. Instead, allow them to express whatever they are feeling. Listen with patience and reassure the child you are there to support them.
- Homicide can carry stigma, and people close to the victim may experience avoidance or withdrawal from others. This can leave families feeling blamed, misunderstood, and isolated. You can help by staying connected, offering consistent support, and being present without judgment or expectations.
- Remembering significant dates, such as holidays, the victim's birthday, or the anniversary of the death, is another meaningful way to show care. These moments can be especially hard, and reaching out communicates that their person is not forgotten and you continue to hold space for their grief.

Alternatives to Direct Support

If you are not the right person to support the child, there are still meaningful ways to help, such as preparing a meal, helping with transportation, or offering to help the family with day-to-day needs. You can also support the broader community by avoiding gossip and refraining from speculation. Thoughtful, quiet acts of care can remind families who are grieving that they are supported.

Safety Plan for Supporting a Child Expressing Revenge After a Homicide Death

A child or teen talking about revenge is usually expressing deep pain, fear, or a sense of injustice. A safety plan helps the trusted adult respond in a way that reduces risk, strengthens connection, and offers alternatives grounded in care.

Stay calm and present.

Keep your voice steady and your body language relaxed, let the child know you are there to listen and not to judge, and avoid reacting with fear, anger, or surprise, as this can shut the child down. Example: *"I'm really glad you told me how you're feeling. I want to understand what this is like for you."*

Listen for the feelings beneath the words.

Children often say "I want revenge" to express anger, helplessness, fear, confusion, a need to feel powerful or safe, loyalty to the person who died. Reflect back what you hear to help them feel understood. Example: *"Can we talk about what you are feeling and where those feelings are coming from? I know I am struggling with…"*

Validate the emotion, not the action.

Acknowledge the child's feelings make sense without agreeing with revenge. Example: *"It makes sense that you are angry. Anyone would be. And I want to help you find ways to handle those feelings that do not cause more harm."*

Ensure immediate physical safety.

Ask gentle, non-accusatory questions to understand risk, such as *"Have you thought about doing something today or soon?, "Do you feel like you might hurt someone right now?", or "Is there anything you are planning to do?".*

If there is any immediate danger to them or others: Stay with them, do not leave them alone, contact a guardian, caregiver, or mental health professional, and if needed, call emergency services in a calm and clear way.

Strengthen protective adults around them.

Trusted adults do not have to support a child through this alone. Identify an appropriate "circle of support", which may include caregivers, extended family, school counselors, mentors, coaches, clergy, or mental health professionals

Remove access to harmful items.

This is about protection, not punishment. Without shaming the child, make sure they do not have access to weapons, friends or peers encouraging retaliation, and violent content fueling the idea of revenge.

Give them safe ways to express anger and grief.

Help the child see intense feelings do not require dangerous actions. Offer healthy outlets such as physical activity (running, sports, punching a pillow), art, writing, music, talking with you or another trusted adult, grounding exercises, or memorial activities that honor the person who died.

Help them slow down their thinking.

Guide the child gently toward thinking long-term rather than acting on a moment of pain. Talk through the consequences without lecturing their own safety, the impact on their family, legal risks, and the cycle of harm in the community.

Reframe revenge as pain needing care.

Help the child understand the link between grief and the desire for retaliation. Example: *"Wanting to hurt someone does not mean you are a bad person. It means you are in a lot of pain. Let's take care of the pain."*

Connect to professional support.

Professional support gives them structured, safe space to work through the death. Whenever needed, involve a therapist trained in traumatic grief, a violence-prevention or restorative-justice program, or a grief support group for youth. Additional support in your area can be found at https://nacg.org/find-support/.

Create a clear personal safety agreement.

Keep it brief and accessible, as well as revisit it regularly. Collaboratively write a simple plan and include who the child can talk to when intense feelings show up, what they will do instead of seeking revenge, where they will go if they feel overwhelmed, and adults they can contact at school, home, and in the community.

Reassure them of their worth and future.

Children who desire revenge are often feeling powerless. Offer steady, repeated messages that restore a sense of belonging and stability, like *"You matter too much to get hurt.", "Your future is important.", "You deserve to be safe.", "You are not alone in this".*

Additional Resources

Resources for Professionals

The inclusion of any organization or resource in this resource list does not imply or constitute an endorsement or recommendation, nor does exclusion imply disapproval.

Online:

- Common Ground Grief Center: Talking with Children & Teens about Suicide & Violent Deaths
- Dougy Center: Supporting Children and Teens After a Murder-or Violent Death
- Eluna Network:
  - Homicide Grief Pocket Postcard
  - Mass Shooting Grief Postcard Pointer
  - Postcard Pointers: Sudden Grief
- Kids Matter. Inc: Homicide Survivors
- Medical University of South Carolina (MUSC) National Crime Victims Research and Treatment Center: Survivors of Homicide Guidebook
- National Child Traumatic Stress Network: Helping School-Age Children with Traumatic Grief
- Our House Grief Support: Explaining Homicide to Children
- Separation and Loss Services, Virginia Mason Medical Center: Accomodation to Violent Dying: A Guide to Restorative Retelling and Support
- Winston's Wish
  - Explaining homicide to children and young people
  - Supporting children after traumatic death

Books:

- *Breaking the Silence: A Guide To Help Children With Complicated Grief: Suicide, Homicide, AIDS, Violence, and Abuse* by L. Goldman
- *Coping with Traumatic Death: Homicide* by Bob Baugher & Lew Cox
- *Grief Diaries: Surviving Loss by Homicide* by Lynda Cheldelin Fell
- *Homicide: The Hidden Victims: A Guide for Professionals* by D. Spungen
- *Homicide Survivors: Misunderstood Grievers* by Judie Bucholz
- *The Journey Workbook: Ten Steps to Learning to Live with Violent Death* by Connie Saindon
- *Living with Grief: After Sudden Loss* edited by Kenneth J. Doka
- *Murder Survivor's Handbook: Real-Life Stories, Tips & Resources* by Connie Saindon
- *No Time for Goodbyes: Coping with Sorrow, Anger, & Injustice After a Tragic Death* by Janice Harris Lord
- *Shattered: Trauma and Grief* from Hospice Foundation of America
- *Surviving: When Someone You Love Was Murdered: A Professional's Guide to Group Grief Therapy for Families and Friends of Murder Victims* by Lula M. Redmond
- *Treating Traumatic Loss: A Clinician's Guide to Helping Clients Cope with a Sudden, Violent, or Difficult Death Using the GRIEF Approach* by A. Rheingold, J. Bottomley, and M. Wallace

Resources for Caregivers

The inclusion of any organization or resource in this resource list does not imply or constitute an endorsement or recommendation, nor does exclusion imply disapproval.

Online:

- Arizona State University: Resilient Parenting for Bereaved Families
- Dougy Center: Supporting Children and Teens After a Murder-or Violent Death
- Everytown Support Fund
- FBI — Victim Services Division
- Homicide Survivors, Inc.
- MADD: Mothers Against Drunk Driving
- Mothers of Murdered Offspring (MoMO)
- National Child Traumatic Stress Network: Helping School-Age Children with Traumatic Grief
- Our House Grief Support: Explaining Homicide to Children
- Parents of Murdered Children (POMC)
- Survivors of Homicide
- Winston's Wish: Explaining homicide to children and young people

Books:

- *Finding the Words: How to Talk with Children & Teens About Death* by Dr. Alan Wolfelt
- *Grief After Homicide: Surviving, Mourning, Reconciling* by Dr. Alan Wolfelt
- *Hope Beyond the Headlines* by Winston's Wish
- *I Wasn't Ready* by John S. Munday
- *Living With Grief: After Sudden Loss — Suicide, Homicide, Accident, Heart Attack, Stroke* edited by Kenneth J. Doka
- *No Time for Goodbyes* by Janice Harris Lord
- *Reframing PTSD as Traumatic Grief: How Caregivers Can Companion Traumatized Grievers Through Catch-Up Mourning* by Alan D. Wolfelt
- *Transforming Traumatic Grief: Six Steps to Move from Grief to Peace after the Sudden or Violent Death of a Loved One* by Courtney Armstrong
- *What to Do When the Police Leave: A Guide to the First Days of Traumatic Loss* by Bill Jenkins
- *What Now?: Navigating the Aftermath of Homicide & Suicide* by Jan Canty

Podcasts:

- The Grief Coach Podcast: Episode "What It's Like to Be a Homicide Survivor" with Jan Canty
- Homicide Survivors: Episode "Finding Purpose in Grief to Support Others"
- Impacted Survivors: Episode "Navigating Grief and Stigma After Murder-Suicide Loss"
- Mourning the Murdered Podcast

Books to Use with Children:

- *After a Murder: A Workbook for Grieving Kids* by Dougy Center
- *A Terrible Thing Happened: A Story for Children Who Have Witnessed Violence or Trauma* by Margaret M. Holmes

Additional NACG Resources:

- NACG Resource Library: https://www.nacg.org/resources
- NACG Find Support: https://www.nacg.org/find-support

Survivor-Based Support Organizations

The inclusion of any organization or resource in this Resource List does not imply or constitute an endorsement or recommendation, nor does exclusion imply disapproval.

- Crimes Survivors Guide
- Homicide Survivors Program - Family Services Center, Inc.
- The Office for Victims of Crime (OVC)
- The National Center For Victims Of Crime (NCVC)
- National Organization for Victim Assistance (NOVA)
- National Victims' Rights Constitutional Amendment Passage (NVCAP)
- Parents of Murdered Children: Victim Impact Statements/Court Navigation
- Concerns of Police Survivors, Inc. (C.O.P.S.): Resources to assist in the rebuilding of the lives of survivors of law enforcement officers killed in the line of duty.

NACG
NATIONAL ALLIANCE FOR CHILDREN'S GRIEF

The **National Alliance for Children's Grief (NACG)** is a nonprofit organization raising awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them. Our Vision is for no child to have to grieve alone. Visit childrengrieve.org to find these and other resources.

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***Inclusive Gender Statement:** In the context of this document, the use of the term "child(ren)" encompasses both boys and girls, as well as any other gender identity or gender expression that falls within the spectrum of childhood. This language choice is intended to promote inclusion and respect for the diversity of gender identities and non-binary genders.