



Information Regarding Children & Funerals

Many families wonder if it is appropriate for children to attend funerals. Every family is unique and therefore, I believe it to be an individual family decision. Below are some things to think about when making a decision.

Adults can help children prepare for a funeral by explaining things they may see. For example: people may be crying or may be wearing black, people may tell nice stories about the person who died, etc. It is helpful for children to be prepared for the funeral, especially if seeing the body. For example, one can say: when someone dies their body stops working, their heart stops beating, their lungs stop working and they do not need to eat. One can explain that the body is a shell and when someone dies their whole body is buried in something called a casket.

If children attend a funeral, many families have found it helpful to have an adult that is removed from the situation that can attend to the needs of the child. For example, to take a break from the funeral to draw, play or take a walk outside.

Funerals only happen once, so children and teens have one chance to attend a loved one's funeral to say goodbye. Some children may want to attend and some may not. Either decision is okay.

If you have any questions regarding grieving children and funerals, feel free to email Michelle at: MNoble@hvmi.org.