



Parenting while grieving can be difficult

Free Practical Tools to Support You and Your Children

The Resilient Parenting for Bereaved Families Practical Tools are free, online resources created to support you after the loss of a parent or caregiver.

Each **easy-to-use 20-minute module** offers practical strategies to help you care for yourself, support your children, and build the family you want for the future.

The Practical Tools will help you:

- Tackle everyday parenting challenges
- Build stronger, more positive connections with your child
- Help your child feel safe, supported, and more open to talking
- Turn everyday moments into opportunities for healing and connection
- Navigate tough emotions—for both you and your child

How the tools work



Guided Activities

Learn simple ways to support your child and build the kind of family life you want after loss.

Hear from Other Parents

Watch short videos from other parents who share how the tools helped them.



Watch and Learn Examples

See real-life examples of parents using the tools.

Practice Skills

Practice your skills with interactive activities that show how your responses can make a difference.

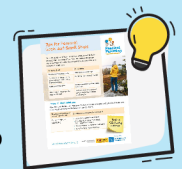


Personalized Action Plan

Create a plan that fits your family's needs. You'll get a copy by email so you can come back to it anytime.

Tip Sheets

Get downloadable guides with age-specific advice and real-life examples to support you as you go.



Help for Common Challenges

Short videos guide you through tough moments and help you adjust the tools to fit your family.

Register now for free to get immediate access!

bereavedparenting.org

No child should have to face loss alone—and neither should you. Let us walk this path with you.

