



**Resilient  
Parenting**

FOR BEREAVED FAMILIES

[bereavedparenting.org](http://bereavedparenting.org)

# A Provider's Guide to the Practical Tools

The Practical Tools are free, interactive online tools created to support caregivers care for themselves and build stronger relationships with their children after the loss of a parent or caregiver.

## How the tools help parents

**These tools help parents and caregivers build the family they want for the future by:**

- Providing practical strategies to navigate everyday parenting challenges
- Building stronger, more positive connections with their children
- Helping children feel more secure and communicate more openly
- Creating everyday moments of healing, support, and connection
- Handling tough emotions—for both caregivers and children

## How the tools work



### Guided Activities

Caregivers learn tools they can use to build the family they want to support their bereaved children.

### Caregiver Testimonials

Hear directly from caregivers about how these tools helped them feel more confident and connected with their child.



### Teach and Show Models

Video examples show grieving parents and caregivers how to effectively use the practical tools in everyday situations.

### Interactive Skill Practice

Real-life scenarios let parents choose how to respond—and learn why their choices matter.



### Personalized Action Plan

The tools help caregivers create a plan tailored to their family. The plan is emailed to them for easy follow-up.

### Downloadable Tip Sheets

Each tool includes printable tip sheets with age-specific advice and real-life examples to support ongoing learning.



### Guided Problem Solving

Quick videos help caregivers tackle common challenges, feel supported, and adjust tools to fit their family.

## How providers can use the tools

### Refer

Recommend a tool that fits the caregiver's current challenge or goal.

### Use

Review the caregiver's action plan or tip sheet in your next session to guide the conversation.


### Coach

Coach caregivers on use of the skills in the practical tools and support caregiver success in using the tools with their family.

## Practical Tools

The tools are free, research-based, and designed to support specific goals that matter to the families you work with.


**Each 20-minute module** is easy to use and gives parents and caregivers practical strategies they can apply right away with their children.



**Be Kind to Yourself**

Self-kindness is treating yourself as you would a good friend who is hurting. Self kindness is something everyone deserves. Take the first step toward being kind to yourself.


[Get Started](#)



**Create Stronger Family Bonds**

Healthier relationships with your children at exactly the time when children are stuck at home more of the time.


[Get Started](#)



**Listen to Your Children So They Will Share More**

A child will share more when they know you are listening. Talking and sharing is a powerful way to help children deal with loss.

[Get Started](#)



**Respond to Your Children So they Feel Understood**

Showing your children that you understand their experiences and feelings is a powerful way you can help them cope and know that they are not alone.

[Get Started](#)

## Research finds that strengthening parenting promotes the healthy development of bereaved children.

- Lower levels of children's distressing grief and depression up to 6 years later.
- Caregivers experience less depression, less alcohol use, greater coping efficacy and more positive relationships with their children.
- Strengthened parenting leads to lower levels of childhood problems up to 15 years later.

For more information on the research visit: <https://www.bereavedparenting.org/research.html>