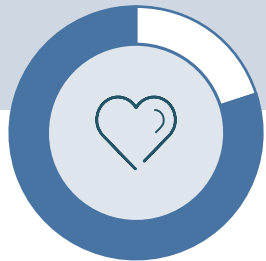


Childhood grief: a pervasive problem.

Childhood grief in America is too frequently overlooked. An estimated 1 in 15 children in the U.S. will lose a parent or sibling before age 18,* constituting over 4 million children nationally.

Losing a parent can be incredibly difficult and isolating:



Nearly 80%

of those who lost a parent growing up agree that **the experience was the hardest thing** they have ever had to face.



65%

agree that after their parent died, they felt like there was **no one they could talk to.**



59%

of those who lost a parent growing up say they have **experienced more feelings of sadness or depression in their life** compared to most adults.

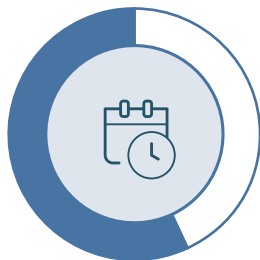


Simple gestures matter the most.

Grieving individuals said these are some of the most helpful things family and friends can do to support them:

- Share stories about their loved one
- Remember important dates like birthdays and death anniversaries
- Spend holiday time with them
- Continue to ask how they are doing well after the loss

Too often support is short-lived or inadequate:



Those who lost a parent growing up said it took **6+ years before they could move forward**, yet *57%* reported that **support from family and friends waned within the first 3 months** following the loss.



56%

of those who lost a parent growing up say that **their peers didn't know how to act** around them after the loss.



54%

of those who lost a parent growing up say they **struggled to find grief resources** after the loss.

* Results from the Childhood Bereavement Estimation Model (CBEM) developed by Judi's House/JAG Institute www.judishouse.org/CBEM. Cited statistics reflect findings from the New York Life Foundation's 2017 Bereavement Survey as well as a 2012 survey of educators conducted by the New York Life Foundation in partnership with the American Federation of Teachers.