

# Take care of you, too.

Kids learn how to grieve by watching the adults around them. Caring for yourself isn't selfish. It's one of the best ways to care for them.

## What caregiver grief can look like:

### Running on empty

Holding everyone up leaves little left for you.

### Foggy brain

Forgetting things is really common.

### Pushing it down

Hiding your grief so the kids won't see it.

### Feeling alone

Friends may stop asking after the first few weeks.

## Small ways to refuel:

- **Lower the bar.** Cereal for dinner counts. Do what's needed, skip the rest.
- **Say yes to help.** Give people a real job, like rides, meals, or laundry.
- **Find your people.** Talk with other adults who are grieving too.
- **Get outside.** A short walk or fresh air can reset a hard day.

## Grieving with your kids:

- **Let them see you.** It's okay to cry in front of them and explain why.
- **Share memories.** Tell stories and look at photos together.
- **Make room for joy.** Laughing and having fun is not disrespectful.
- **Call in backup.** A counselor, coach, or relative can support your kids too.

## Words for yourself:

### IF YOU THINK

"I should be over this."

### TRY INSTEAD

**"Grief has no timeline.  
I'm doing my best."**

### IF YOU THINK

"I have to hold it together."

### TRY INSTEAD

**"I can be sad and still be  
a good parent."**

### IF YOU THINK

"I'll just be a bother."

### TRY INSTEAD

**"People want to help. I  
can let them."**

## You don't have to do this alone.

While kids meet in their own peer groups at Cason's Place, parents and caregivers gather in a separate group with other adults who understand. Always free for Eastern Oregon families.

[casonspplace.org](https://casonspplace.org) • 541-612-0828 • [info@casonspplace.org](mailto:info@casonspplace.org)

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