

Helping your child/young person cope with grief

Losing someone or something we love can be hard, even more so as a child. You may be struggling with how to support them, especially as different stages of grief occur and fluctuate.

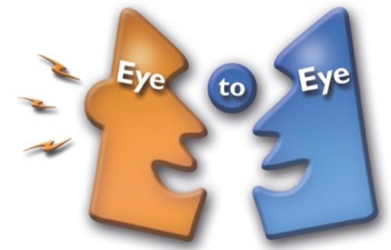
They might feel:

- Shocked
- Angry
- Sad and depressed
- Guilty
- Lost or abandoned
- Numb (feeling nothing)

These are all **normal reactions**, and it's important to let them know that. Ask them what they need and **how you can help** them.

How can I support them:

- Be direct, open, and honest- help them to **understand** what's going on
- Understand that they may need space to **process** things- don't push them to talk until they are ready
- When they are ready to talk, **listen** without any distractions- you can't 'fix' things, but just listening can be enough. Let them know they can talk to you at any time
- Give the young person the **choice** of being involved in any events to celebrate the life as this helps them to feel **included** in the grieving process
- Go for a walk together, paint, draw, or look through photos together
- Suggest tributes- maybe create a memory box of the deceased's favourite things, lighting a candle together, holding a memorial service or looking through photos
- Encourage them to reach out and **share their feelings** with others, such as an Eye to Eye counsellor who are trained to work with grief
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- Promote **self-care**, making sure they are eating and sleeping well, and being gentle with themselves
- Be mindful of triggering occasions such as birthdays, Christmas, and anniversaries of deaths- help them remember and celebrate the person on these days



"Sometimes we all need someone to talk to"



Helpful Resources

www.Griefencounter.org.uk

www.Hopeagain.org.uk

www.winstonswish.org

www.uksobs.org (bereaved by suicide)

Young Minds: A guide for parents

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

info@eyetoeye.wales

Childline

0800 1111

www.childline.org (online chat available)

The Mix

0808 808 4994

www.themix.org.uk (online chat available)

Kooth

www.kooth.com (online chat available)

