

HOW CAN I SUPPORT MY CHILD WHO IS GRIEVING?



When someone we love is grieving, it's natural for us to want to be the perfect support to them. Getting things right can feel like a lot of pressure. Here are some simple tips that can help you hold a supportive conversation with your child when they have experienced a loss.



Listen Give them plenty of time and attention.



Normalise Make sure they know that their feelings are completely normal and okay.



Empower Tell them that they are allowed to grieve in whatever way they need to.



Communicate Ask open questions and really look to understand how they feel. Don't be afraid of a little silence - this can be a good thing.

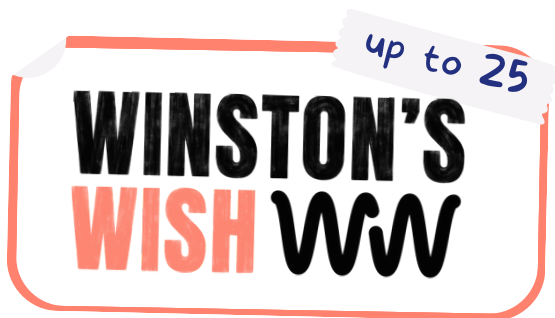


Seek further support We're not always able to have the answer or make everything better, its ok to need some support and there are some organisations that can help on the page.

Just remember, all people grieve differently. What one person needs might be different to what you or your child needed - it's okay to get it wrong! If this is the case, listen to them and learn what they find most supportive as you go.

SIGNPOSTING

Thinking your child might need a bit more support around grief? Here are some other organisations that might be able to help.



winstonswish.org



cruse.org.uk



griefencounter.org.uk



childbereavementuk.org