



Discussing Loss

Of course, grief does not just visit one member of a family. All are affected and each member will be coping with their loss in their own way. This can cause added tension and difficulty at a time that bereaved parents are being asked to meet the needs of their distressed child/children.

Talking about what has happened. Facing the pain and emotion of bereavement together as much as you can will help everyone.

When you child says that they are fine, ask them gently “Are you really? Things have been hard for you”. Gently encourage them to talk more deeply.

Share how you feel. This honesty helps your child understand that what they feel is not unusual. Don't pretend to have the answer if you don't. You are in this together and your family will take comfort from this.

Talk about the lost loved one. Chat about the little things that remind you of them. Remember that grief in children comes and goes. One minute they will be sad and wanting to talk and the next they are wanting to play football or go out with their friends. This is natural.



For more information on Bereavement visit us at

www.ResolvingBooks.com