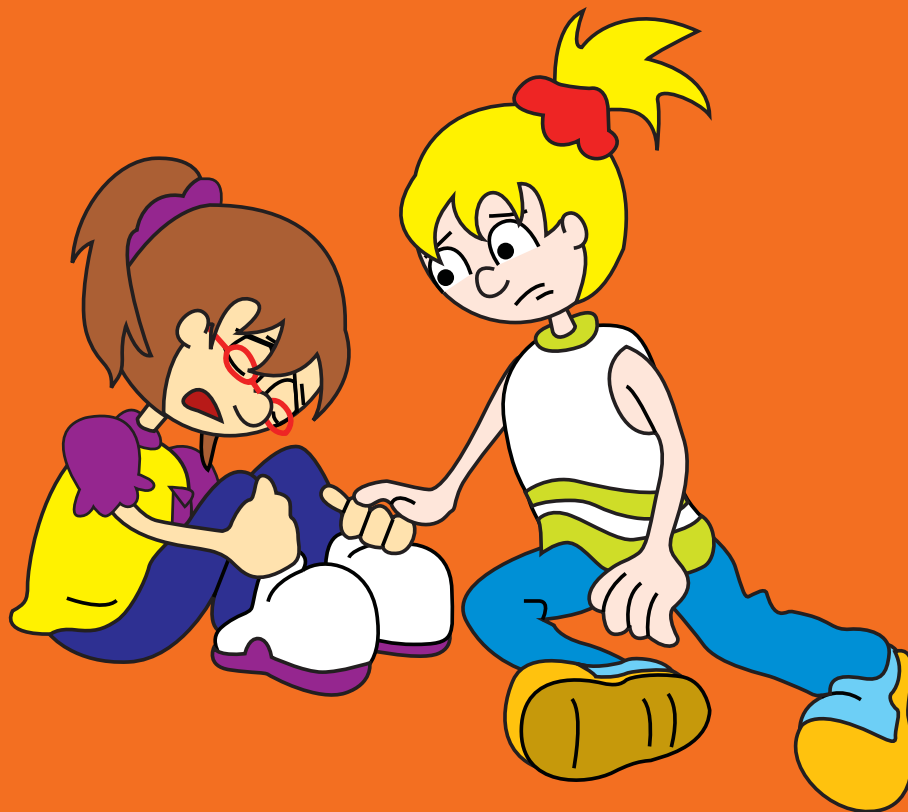


## Types of Grief

We don't only feel grief when someone we love dies. It is now recognised that families go through the same feelings of loss when couples separate or divorce. For instance, if a parent simply disappears, maybe through divorce or imprisonment, a child can feel abandoned and bereft in just the same way as if this parent had died. Even if both parents stay in full contact with the child/children and have good ongoing relationships with them, the child/children will still grieve the loss of the family unit that they once had while getting used to the new.

Children can feel bereaved when they move house to a new town or face a significant family change, like a new step parent. The old certainties seem to be thrown aside for new uncertainties and a child can find their feelings are out of step with those around them.

Many new phases of our lives mean saying goodbye to the old. There are many types and levels of grief within this that we need to help our children cope with.



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