



What People Do Not See

We all hide many of our most important thoughts and feelings under the surface, and, children are no different.

Children often struggle with their feelings of grief in private because they do not know what it is they feel, or, how to describe it. They also might not want to upset anyone else by telling anyone what they feel.

Sometimes the pain can feel so big inside that they don't want to talk about it out loud in case it makes it feel worse. However, it is only in speaking about it that they begin to feel better.

Creating space for a child to chat while you play a game together or go for a walk or drive in the car can be helpful, as it creates a natural space for the talking to start without pressurizing the child. Start by making general conversation and lead into asking "How are you today?" or "How are things?" or even more directly, "How are you feeling about XXXX?"

Go gently but keep creating the opportunities for the child to open up. Leave space for your child to answer. Silence is okay. We do not have to fill in the gaps. A child may need time to respond.

Use some of the ideas in this book to find different ways for your child to express their feelings. Emotions are not always expressed through words.

Do not judge what your child says.
Just listen (see downloads on listen and talk).



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