

Why Don't You Try These

There are a number of things you can do to help your child/children.

1. **Painting and Drawing:** can help your child/children express their feelings. Children have lively imaginations and find creating in this way very beneficial.
2. **Memory Book:** Creating a memory book can be a positive way for your child/children to think, talk and remember their loved one. Children can be very creative and put together a special book that is unique to them.
3. **Journal:** Older children may like to have a journal to keep their own thoughts and feelings in.
4. **A Special Place:** Sometimes children can benefit from having a special place to go and spend time with their own thoughts and memories. This place should be quiet and comfortable without being too isolated.
5. **Ritual:** Families can plan special rituals like a meal together on the loved one's birthday or a walk to their favourite place. These experiences can help grieving feel real and natural without feeling overwhelmingly sad. It can be about honouring the memory rather than simply feeling the pain.



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