



Information for Parents/Carers

Seasons for Growth is a programme that uses the imagery of the seasons to illustrate the cyclical nature of grief. It aims to strengthen the wellbeing of children who may be dealing with major life changes including death, separation and other significant losses by:

- exploring the impact of change and loss on everyday life
- learning new ways to respond to these changes

Over 8 sessions children have an opportunity to share (If they choose), some of their experiences and work together. Children support each other to learn new ways to cope with difficult situations alongside a trained Companion. Confidentiality is strongly emphasised.

In order to help your child, we ask that you to remain open, willing to answer questions and provide support whilst they continue to process their losses as they grow and develop. An outline of each session is on the other side of this card.

Season

Outcomes

Session

AUTUMN	1.Life is like the seasons	Children will be getting to know each other and thinking about how the programme relates to their life.	Confidentiality will be explained. The group will explore ideas around seasons changing, as do our lives. Younger children may be asked to bring a baby photo to the next session and/or something special they had as a baby e.g. toy, book, clothing.
	2. Change is part of life	Children will reflect on changes in their lives and explore how life is like the changing seasons.	Children will be talking about how we are all special and continue to grow and change throughout life. These changes affect us in different ways.
WINTER	3.Valuing my story	Children will have an opportunity to share a story of change/loss that has happened to them and name some of their feelings.	Children will be reminded about confidentiality. They will have an opportunity to share a story of loss with the group. They will be thanked and affirmed as important members of the group.
	4. Naming my feelings	Children will be given time to think about and carefully name their feelings. They will identify how feelings can affect their bodies.	Children will learn that feelings change just as the seasons do. We all have feelings and they don't last forever. They will be encouraged to name feelings and notice where they experience them in their in their body (e.g. sore tummy)
SPRING	5. Caring for my feelings	Children will learn how important their feelings are and to find ways to care for them	Children will be encouraged to think about how to take care of feelings and think about who they can talk to when their feelings are big and difficult to look after. They will be reminded that Spring is a time of growth.
	6. Remembering the good times	Children learn about the importance of remembering special people, places, times and events.	Memories can be both happy and sad. Each of us can remember the same thing in different ways. Children are encouraged to find hope through their memories and to think about who they can share their happy memory/memories with.
SUMMER	7.Making good choices	Children learn the importance of making choices that help them to grow in positive ways	Supporting children to make good choices is central to their social and emotional wellbeing. The choices they make affects their feelings and relationships with others. They will be reminded that next week is the final session.
	8. Moving forward	Children have an opportunity to review their learning and explore ideas about who and what can help them in times of difficulty	Children will help to plan a Celebration Session where they can celebrate the journey they have been on. Children and parents/carers will be asked to complete an evaluation form to give feedback about the group.

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