

Supporting Children & Young People who Experience

Loss & Change

1 Grief is not a Linear Process

- Grief does not have a beginning, middle and end. It does not shrink over time- what really happens is we grow around our grief
- Loss and change can be messy, complicated and uncertain.

2 Responses to Loss

- Everyone's responses are different
- Changes in behaviour and mood are normal
- Grief is exhausting for children & adults

3 Talk to your Child

- Take into account your child's age and stage of development.
- Expect questions and be honest
- Use clear language (e.g death, died)
- Reassure children that the situation is not their fault

4 What you can do to Help

- Keep providing opportunities to talk about loss and change
- Allow time and space
- Provide ongoing comfort, attention and reassurance
- Help children recognise and name feelings
- Help children to share and maintain memories

5 Taking Care of Yourself

- Get plenty of sleep, eat healthy and stay active
- Utilise your support network
- Manage your expectations of what you can do & be kind to yourself

6 Additional Information & Support

- Work in partnership with your child's nursery or school to support them with the change/loss
- [Child Bereavement UK](#)- 0800 0288 40
- [Winstons Wish](#) - 08088 020 021
- [Renfrewshire Educational Psychology Service Blog](#).

