

How do we help children show and share feelings of loss?

Avoid metaphors..

- Passed away
- Gone to sleep
- Gone to a better place

Acknowledge feelings and don't minimise them

Ensure the child feels safe and be empathic

Name the feelings and empathise..
"You seem angry, I understand that you feel angry... It must be hard to understand what is going on"

Problem solve with your child

Check understanding

Don't dismiss the child's needs

All questions are valid, listen (if possible) straight away and don't put them off

Be age appropriate with your language

Discuss success that has happened to build resilience

