



1. Talk to your Child

- Take into account your child's age and stage of development to explain the situation
- Expect questions and be honest
- Reassure children it is not their fault



Supporting Children with Loss and Bereavement

2. Responses to Loss

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



3. What you can do to help

- Provide ongoing comfort, attention and reassurance
- Help children recognise and name feelings
- Help children to share memories



4. Taking Care of Yourself

- Get plenty of sleep, eat healthily and stay active
 - Talk to family and friends
- Manage your own expectations of what you can do – be kind to yourself



5. Additional Information and Support

- Contact your child's nursery or school
- Child Bereavement UK – 0800 0288 40
- Edinburgh Psychological Services – 0131 469 2800