

## **HOW CAN I HELP MY CHILD?**

(Information based on Cruse Advice and the Solihull Approach)

<b>DO</b>	<b>DON'T</b>
<ul style="list-style-type: none"><li>• Be honest in your explanations and in showing your own grief. This gives your child permission to do so.</li><li>• Give plenty of reassurance and affection. Let them know you love them and will be there for them.</li><li>• Keep routines and patterns as much as possible.</li><li>• Look after yourself.</li><li>• Be aware that changes such as clinging and aggressive behaviour or physical problems may be an expression of grief.</li><li>• Take time to listen and answer questions; let them know their feelings are important.</li><li>• Help them remember the person who died.</li><li>• Take things one day at a time.</li></ul>	<ul style="list-style-type: none"><li>• Try to hide your own pain. It is alright to cry in front of your child, though try not to overwhelm them.</li><li>• Tell your child not to worry or be sad. Remember they can't control their feelings.</li><li>• Feel like you have to have all the answers or get it right all the time.</li><li>• Be surprised at a child's ability to set the grief aside and alternate between sadness and happiness, tears and play. Play enables children to express themselves and release anxiety about events over which they have no control.</li></ul>

### **RESOURCES FOR SUPPORTING CHILDREN AND YOUNG PEOPLE**

- [www.cruse.org.uk](http://www.cruse.org.uk) Day-by-Day Helpline: 0844 477 9400
- [www.rd4u.org.uk](http://www.rd4u.org.uk) On-Line Cruse help for Young People
- [www.barnardos.org.uk/childbereavementservice](http://www.barnardos.org.uk/childbereavementservice) (028) 90645899
- [www.winstonswish.org.uk](http://www.winstonswish.org.uk) 0845 203 0405
- [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)
- [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk) 0808 800 2222
- [www.royalhospitals.org/traumaticgrief](http://www.royalhospitals.org/traumaticgrief)
- [www.contactyouth.org](http://www.contactyouth.org) (028) 90457848 Helpline: 0808 808 8000

