

Supporting Children

Children experience grief differently to adults. It's sometimes referred to as 'puddle jumping'. They are able to jump in and out of their emotional responses, although they will not know they are doing so.

Allowing space for children to remember their person, which may come at times when you are not expecting it, is very important.

Expressing their love and loss via a memory box, drawing pictures or writing stories are all good ways for children to connect with their feelings.

Children may not recognise grief and could refer to it as being tired, their behaviour may also become more grumpy. When experiencing anger, they may feel very confused and lash out at the world, as well as those closest to them.

There are wonderful books, films and organisations to help you and children specifically. Our Sources of Support sheet has some listed on it. We also have a blog post on books aimed at children coping with grief.

Beware of fantasy films in which people come back to life, as initially these can be very confusing, go for Big Hero Six over Tangled for example.

