

HOW TO HELP: DEALING WITH GRIEF & LOSS

FOR GROWN-UPS HELPING
YOUNG PEOPLE

Whether you're a parent, youth-worker or any kind of significant grown-up in a child or young person's life, it can be hard to know how best to support someone dealing with grief. We hope this sheet will help point you in the right direction, but it is by no means a comprehensive guide.

QUICK TIPS

Listen. Give them space to talk.

You might want them to score how they are feeling each time you talk to help you and them to keep track of how they are doing.

Don't assume that they're okay or not okay.

Allow them to ask questions that may be on their mind.

Answer questions truthfully even if it may be difficult. It is hard but better in the long run.

Use correct and clear wording such as 'they have died' rather than 'sleeping peacefully' or 'gone to be with Jesus' as this provides clarity for the child or young person.

Create routine and normality.

Keep in regular contact - consistent figures in their life are important during this process.

Be aware that everyone grieves differently and there's no correct way to grieve.

Encourage them to write down memories of the person who has died.

If possible, prioritise one-to-one time with them.

Encourage them to look after themselves in terms of sleep, rest, eating, exercise etc.

Treat them as normal (not like they've got two heads!) - normality can help someone dealing with grief.

“I'm sorry for
your loss.”

“Your feelings
are normal.”

For further information, head here....

WRITE A PRAYER FOR
YOUR CHILD OR
YOUNG PERSON
HERE...

NORMALITY CAN REALLY HELP
WHEN SOMEONE IS
PROCESSING GRIEF. WHAT
ACTIVITIES COULD YOU DO
TOGETHER?

Don't ignore the
elephant in the
room. Don't be
afraid to address it.

