

Has someone important to you died?

Ideas to give your parent or carer

People cope in all sorts of ways when someone dies. Sometimes others want to help you in your grief, but aren't sure how. Here are some suggestions from other bereaved young people about ways your parent or carer could support you. Tick the ones you think would help at the moment, and give it to your parent or carer to help start the conversation.

Talk to me honestly and explain what has happened in a way I can understand

Help me start a memory box or book

Give me space but talk to me if you are worried I'm not eating properly or I'm having sleep or other difficulties

Give me a hug

Talk to me about the funeral and how I can be involved, even if I can't be there

Help me keep memories alive by talking and remembering

Notice if I am feeling lonely and find out about groups and resources for me

Help me to have fun and laugh sometimes. This doesn't mean I'm 'over it'

Arrange for me or us to get extra help if I am feeling overwhelmed or I feel I can't talk to you

Make sure school knows about my loss

Remind me I am not to blame and it's not my fault. I may need to talk about this

Help me keep in touch with other family and friends even if we're apart

Please try

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