

## SUPPORTING A GRIEVING CHILD

Watch for changes in behaviour

When a child wants to talk, find time to listen

Be ready for questions and answer honestly; *keep it short for younger children and repeat as often as necessary*

All reactions are individual and unique

Don't hurry grief

Understand that children's bodies react when they experience grief

Hold back from asking children too many questions

Maintain a consistent routine

Provide lots of reassurance

Be available

Allow talk about death, change and loss

Adapted from "What Bereaved Children Want Adults to Know about Grief" (Wolfelt, A) and "Supporting the Grieving Child" (Wilson, J cited in [www.grief.org.au](http://www.grief.org.au)).

