



A skylight information sheet

WHAT DOES A GRIEVING CHILD OR TEEN NEED THE MOST?

- to have their loss and grief acknowledged
- to be safe and cared for – and to know this
- to have their own grief and coping style respected
- to be able to express thoughts and feelings in the ways they need to
- to be given regular reassurance
- to have people around them who genuinely care - and who show it
- to be given information about what's happening, in manageable amounts
- to have key information repeated
- to be involved in decisions, and events, where possible
- to have caring adults around who will listen, if they want to talk
- to have caring adults around who will answer any questions they may have with honesty
- to be supported to learn, and to make meaning, from their experience of loss
- to have people around them who will support their grief journey into the weeks, months and years ahead - and who don't forget their loss and its importance to them, their development and their future
- to be given some extra help if things have got too difficult for them to manage
- to be given hope and encouragement

