Not Too Young to Grieve:

thinking about bereavement and young children
The aims of this session...

• to increase your awareness of the issues surrounding bereavement in young children.

• to help you feel more confident about supporting bereaved children and their parents or carers.

• to tell you about where you can go to get additional help.
3.

Everyone has to cope with change and loss...

For example:

- Moving - house and friends
- Starting school, college, work
- Examinations; job hopes
- Serious illness or disability
- Relationship breakdowns
- Redundancy
- Bereavement
Young children and loss

For example:

• Weaning
• Parent going to work
• Birth of a sibling
• Sibling starting school
• Starting playgroup, nursery, with childminder, or starting school
• Parental relationship breakdown
• Parental illness (eg post natal depression)
• Bereavement