

## **Christmas and the grieving process for children**

Christmas can be a very difficult and emotional time for Children, Young People and their Families when someone important in their lives has died. Whether the bereavement is recent or some years ago it is a time when families come together in celebration but may also struggle with feelings of sadness, loneliness, anger and guilt.

### **How can we help each other?**

- All feelings are important and need to be recognised, and everyone within the family will grieve differently
- Please talk together as a family about Christmas, talk about how you individually feel and how as a family you can care and support each other over the Christmas period.
- Take time to remember your loved one in some way. Light a candle, make a decoration for the Christmas tree, visit a special place in memory of your loved one, or perhaps make their favourite food.
- Explain to your children that looking forward to Christmas is normal and it's okay to have fun and be happy but it's also okay to be a little sad.
- Self-care is really important. It's okay to give yourself a little time and space. Perhaps make a quiet space which family members can use if they need to.

If you are really struggling please remember it is only 'One Day.' Do whatever you need to do to care & support each other over this potentially difficult time.