

# TIPS FOR HELPING GRIEVING KIDS AT CHRISTMAS



Holidays can be a difficult time when you have lost someone you love. For bereaved children, Christmas may be a confusing time; they will be coping with their own grief, as well as trying to understand yours.

They will often still feel some childlike excitement about the season, which can lead to feelings of guilt and shame. For bereaved parents, it can be hard to know how to help your child cope.

## *Talk to them about the person who died*

Many families shy away from this as they don't want to upset the other person. However, talking openly and honestly will help you understand what is going on with your child and vice-versa.

## *Help them to understand that all feelings are valid*

There is no right or wrong way to grieve and it's important that children know they can express themselves without fear of reprimand.

## *Decide as a family how you want to mark Christmas*

This might be starting a new tradition, or it might be deciding to keep traditions the same.

## *Do something specific for your loved one*

This might be lighting a candle or choosing a special Christmas tree ornament in their memory.

With thanks to:  
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