



Simple Steps to a good conversation

Good conversation

Listen with your heart

Listen with your heart, not your head- No judgement, criticism or analysis.

Be a 'heart with ears'

Be a 'heart with ears'. Grief is emotional, not intellectual. Avoid asking what is wrong. Instead, acknowledge the emotion you're seeing.

Go first

You are the adult. Go first - Don't be afraid to say "I remember feeling sad when..."

Each child is individual

Remember, each child is an individual. They will each have their own unique relationship to the loss event.

Be patient

Don't force a child to talk.

Sadness is normal

Never say "Don't feel sad" or "Don't feel scared". Sadness and fear are normal feelings attached to loss of any kind.



www.griefuk.org/schools

