

## Children and Grief

Grief is a natural process and having supportive carers will be enough to help a lot of children. Many factors will affect how a child reacts to the death of a loved one including their age, their relationship with the person, their own understanding of death and how the adults around them are reacting.

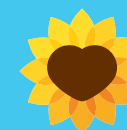
It is not unusual to see a change in the child's behaviour, sleeping and eating patterns. If you feel unsure how to help or just want to talk to somebody about your child, then please call us and somebody will get back to you.



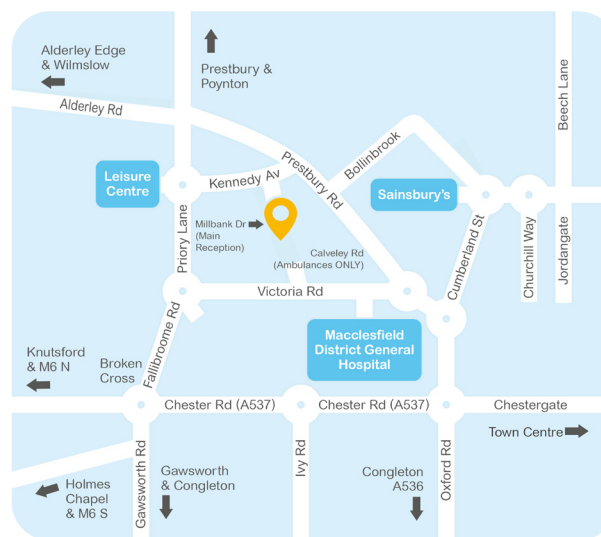
"A child seldom needs a talking to as a good listening to"  
Robert Brault



**East Cheshire  
Hospice**  
Where people come to live



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East Cheshire Hospice  
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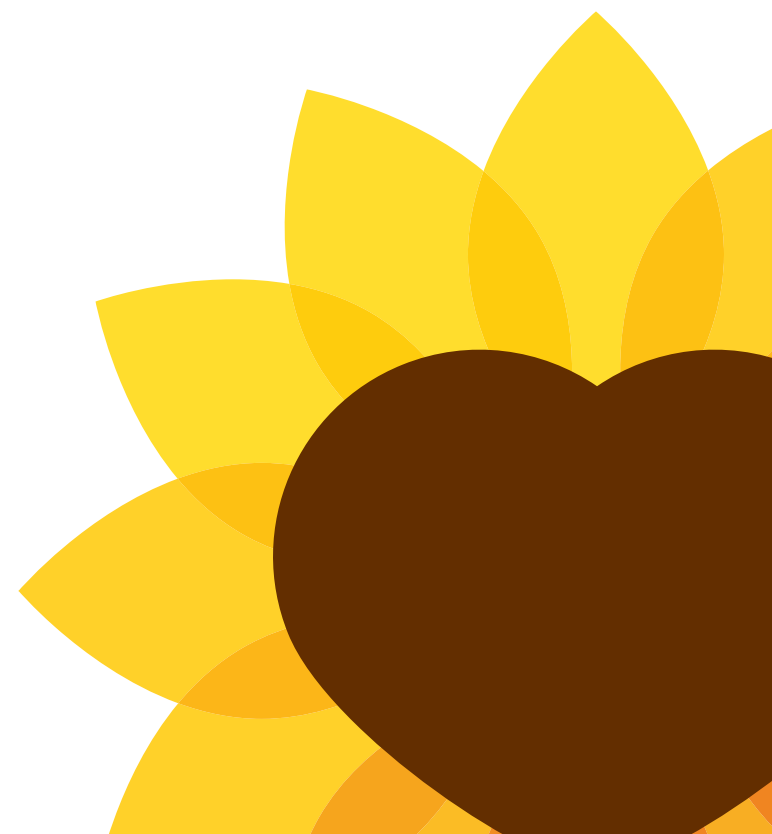
Main Reception: 01625 610364  
Children & Family therapy: 01625 666994

[www.eastcheshirehospice.org.uk](http://www.eastcheshirehospice.org.uk)

SFC-32-0224

## Children & Family Therapy

An introduction



## How we can help

When someone close to a child has a life limiting illness or has died, we are here to help.

Children and young people often need different types of support, based on their age, their level of understanding and their relationship to the patient.

All children are affected, no matter how young they are. It is not unusual for parents, family and carers to be unsure what to say to children during these difficult times. Children are very perceptive and are often aware that something is wrong. It is important to talk to children to let them know what is happening in a way that is understandable to them.

Here at East Cheshire Hospice, our Children and Family Therapy Department know this can be an incredibly difficult and painful thing to do.

We offer support directly to the child/young person, their families and also to teachers and healthcare professionals working with children.

## What we offer

### **Advice and support over the telephone or face-to-face**

Sometimes a conversation with the child's family is the only assistance required, helping them to understand how to support their child in the best way and what questions and issues may arise.

If you are unsure how to help your child or would just like to talk with someone about your child's experience, then call our child and family therapists and we can help you work out ways of supporting your child through this time.

### **1-to-1 children's counselling or play therapy for 4 – 18 years old**

For those children who do need some therapeutic support, we offer counselling or play therapy sessions both pre and post bereavement in our child therapy room. This is a private space where children can safely explore what they are going through. Some may talk, whilst others may use art or play to express their feelings.

### **Yoga / Mindfulness group for families**

Relaxed, story-based sessions available twice a month for family groups with children under 11 years old (booking necessary).

### **Adolescent support group**

A small support group lead by qualified counsellors for secondary school aged children (booking necessary).

### **Family Days**

We offer a number of family days throughout the year emphasising support and self-compassion through activities, information and shared experiences.

### **Courses and workshops.**

We offer a range of courses which we can run at the Hospice or in other organisation's premises. We can help parents, carers, teachers, youth workers, health care workers and other professionals working with children to understand many of the issues around serious illness, death, suicide, self-harm and grief.

For details on any of our services or how we may help you, please contact us.