

GUIDANCE FOR PARENTS & CARERS

A CHILD'S REACTIONS TO LOSS AND AGE-APPROPRIATE SUPPORT [7 TO 10 YEARS OLD]

Each child's grief is unique. Children tend to have certain basic needs and reactions to loss depending on their age. The information below gives details and suggests 'What You Can Do' to support them. Some children display only a few of these reactions; some carry on as if nothing unusual has happened and others exhibit every response imaginable.

Age	Basic Behaviour and Needs	How They React to Loss	What You Can Do (parent/carer response)
Children: 7 to 10 years	• Loyalty, understanding, support, supervision and consistency • Fears for the future: concerns about money, food, shelter • Self-conscious about family being different relationship to • Conflict of loyalties	• Blames self for loss following separation, divorce or death of loved one • Angry with parents after separation or divorce; with government or world after major crisis; with friends who have traditional families; or with God for not preventing the loss • Conflicting loyalties following a separation or divorce • School work suffers • Disruptive behaviour at school and home • With draws from activities or people • Sensitive to conflicts • Fantasizes about parent reconciliation following separation or divorce • Insatiable hunger for material things: clothes, money	• Provide ongoing reassurance that child is loved and the future is secure • Create time to be with your child • Maintain consistent routines • Discuss family situation with teachers • Ask family/friends to give additional support

Guidance for other age groups are available, please ask your Rainbows Co-ordinator for copies.

For further information about Rainbows Bereavement Support, please visit our website: www.rainbowsgb.org