

How to Help a Grieving Friend



Listen without judgement. Let them repeat over and over their fears or anger.



Accept what they have to say. Their feelings are normal. You don't have to fix their grief or cheer them up.



Make contact on special days e.g. anniversaries, Christmas and especially after 3, 6 and 9 months to ask how you can help.



Allow crying and hugs. Silence is okay.



Avoid clichés e.g. "he's out of his suffering now, you have to get on with your life."

How to Help a Grieving Child



Tell them their feelings are normal, e.g. scared or angry.



Answer questions honestly and in simple words.



Reassure the child that they did not cause the loss.



Encourage drawings or writing about what happened.



Say and show - "It's ok to cry".



Give lots of hugs and try to maintain their routine.

You may find this brochure helpful, for more information please look at our website

www.SandE.com.au

or call our

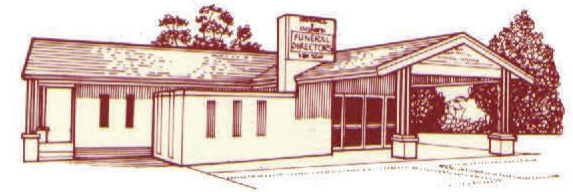
**Bereavement Care Services at
Smithfield & Elizabeth Funeral Directors
8255 5607**

email: info@smithfieldandelizabethfunerals.com.au

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Free Services We Provide

Smithfield & Elizabeth Funeral Directors



*We Help People
Through Difficult Times*

Smithfield & Elizabeth Funeral Directors

Cnr Main North & Womma Rds,
Elizabeth North

8255 5607

www.SandE.com.au

We Provide

Guest Speaker and Community Education Presentations

(20 - 60 minutes approx.)

Including:

- ◆ Adjusting to Lifestyle Changes
- ◆ Funerals – Facts and Fallacies
- ◆ The Role of the Funeral Director
- ◆ Tours of our funeral home

We Provide

- ◆ Funeral premises visit and discussion. These are designed for groups e.g. Community, Schools, Church Groups, Scouts, Rotary, Apex etc.
- ◆ Special Annual Christmas Service of Remembrance for families to commemorate their special person who has died.

We Provide

- ◆ Pamphlets regarding understanding and helping with grief feelings in adults and children.
- ◆ Lending library of grief books for adults and children.
- ◆ No Obligation Funeral and Memorial advice and information.

**For more information please contact
Gizelle Forgie on
8255 5607**