

My pet dog is very ill. I'm worried he won't get better. He liked to Chase his ball and loved playing catch but he's too poorly.



There's a method to understanding how to deal with loss.

Pets provide companionship and reduce anxiety which can be upsetting and confusing to children when pets are ill or not there anymore<sup>1</sup>. How children process loss is key to their mental and physical health and wellbeing, yet the emotional impact can often be misunderstood and neglected. **The Grief Recovery Method® Helping Children With Loss** programme<sup>2</sup> provides the structure for parents, carers and professionals to guide children towards completing their relationship to the pain, isolation and loneliness caused by a significant emotional loss of **ANY** kind.

For more information and to find out about courses visit:

[www.jillframpton.co.uk](http://www.jillframpton.co.uk)



Jill  
Frampton  
Advanced Recovery Specialist

<sup>1</sup>Grief Recovery UK   <sup>2</sup>Recognised by





We're moving  
house because  
Dad has a new  
job. I'm very  
upset. I'll really  
miss my friends.

There's a method  
to understanding how  
to deal with loss.

Change in location, routine and physical familiarity are often overlooked as losses, but they can have significant effects on a child<sup>1</sup>. How children process loss is key to their mental and physical health and wellbeing, yet the emotional impact can often be misunderstood and neglected.

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<sup>1</sup>When Children Grieve, Harper Collins

<sup>2</sup>Recognised by   



Together  
we can help  
children find the  
right words to  
work things out.



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Advanced Recovery Specialist

**My boyfriend cheated on me. I thought we were in love. I don't understand why he's done this to me.**

**There's a method to understanding how to deal with loss.**

The end of a friendship or relationship can be heartbreakng for a child or teenager<sup>1</sup>. How children process loss is key to their mental and physical health and wellbeing, yet the emotional impact can often be misunderstood and neglected. **The Grief Recovery Method®** **Helping Children With Loss** programme<sup>2</sup> provides the structure for parents, carers and professionals to guide children towards completing their relationship to the pain, isolation and loneliness caused by a significant emotional loss of **ANY** kind.

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<sup>1</sup>When Children Grieve, Harper Collins

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**TEACHER DEVELOPMENT TRUST**

  
**Jill**  
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Advanced Recovery Specialist



Mum and Dad are  
getting divorced.  
They both love me  
but I really want us  
to all stay together.

There's a method  
to understanding how  
to deal with loss.

Separation of a family unit can cause children and young people to experience sadness, anxiety, anger, guilt and despair<sup>1</sup>. How children process loss is key to their mental and physical health and wellbeing, yet the emotional impact can often be misunderstood and neglected. The Grief Recovery Method® Helping Children With Loss programme<sup>2</sup> provides the structure for parents, carers and professionals to guide children towards completing their relationship to the pain, isolation and loneliness caused by a significant emotional loss of ANY kind.

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<sup>1</sup> Young Minds <sup>2</sup> Recognised by



**There are lots of bad things happening in the world. I'm scared when I see some of them on TV every day.**



**There's a method to understanding how to deal with loss.**

Children look to adults for reassurance and will quickly pick up on any anxiety<sup>1</sup>. This can result in a loss of safety which can be frightening for a child. How children process loss is key to their mental and physical health and wellbeing, yet the emotional impact can often be misunderstood and neglected. **The Grief Recovery Method® Helping Children With Loss** programme<sup>2</sup> provides the structure for parents, carers and professionals to guide children towards completing their relationship to the pain, isolation and loneliness caused by a significant emotional loss of **ANY** kind.

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<sup>1</sup> Child Bereavement UK   <sup>2</sup> Recognised by



My Grandma died recently. We used to have so much fun together. I miss her very much.



There's a method to understanding how to deal with loss.

Childhood bereavement can cause reduced self esteem, academic achievement and longer-term health issues<sup>1</sup>. How children process loss is key to their mental and physical health and wellbeing, yet the emotional impact can often be misunderstood and neglected. **The Grief Recovery Method® Helping Children With Loss** programme<sup>2</sup> provides the structure for parents, carers and professionals to guide children towards completing their relationship to the pain, isolation and loneliness caused by a significant emotional loss of **ANY** kind.

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<sup>1</sup>The Butterfly Project  
(Prince & Princess of Wales Hospice)

<sup>2</sup> Recognised by

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