



Losing someone special

Ages 2 - 4

Losing Someone Special - Tip sheet

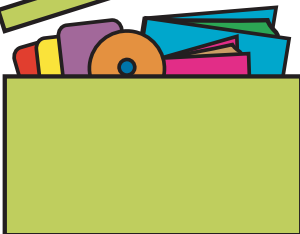
Children aged 2 to 4 do not have all the words or ability to express their feelings, and instead may "act them out" through play and social interactions. Repetitive activities like pouring water, dancing, running, climbing, drawing, etc. are great for releasing emotional energy. So is a safe environment to express themselves when and how they can.

Your child may be more demanding and clingy in order to get the reassurance, comfort, security and support they need. Giving them this extra attention allows them to start building a new sense of security.

It can be common for a young child to believe they somehow caused the death of their loved one, even if there has never been a suggestion of this. Reinforcing that it is not their fault or doing is really important.

These are examples from this ideas sheet

theusefulbox



resources for parents & kids

www.theusefulbox.com.au

