



*"Parents are a child's first and most important teacher"*

## SUPPORTING ADULTS AND CHILDREN WITH GRIEF AND LOSS

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The pandemic has meant that every individual, child and adult alike has experienced loss. This may tragically be the loss of a loved one but also for so many the loss of time, the loss of shared experiences, for some, the loss of hopes and dreams and the recognition that isolation can understandably lead to loneliness, anxiety and introspection. As the daffodils begin to open, we are reminded about the importance of renewal and regeneration but also the significance of the permission to grieve for this time. This talk will consider what it is to grieve, what this may look like individually and how all the emotions within grief web together, moving and changing rapidly. We will talk about how to support children in grief with particular consideration to talking about loss and the importance of storytelling and building memories. We will consider a number of sensitive and supportive and accessible therapeutic tools and resources to use at home.

## SESSION OUTLINE

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- Opening up the conversation around love and loss
- What it is to grieve; what it looks like and how we can support each other in loss
- How to talk about loss with children; the importance of language, honesty and validation
- How to begin to memorialise and work with adults and children in building memories therapeutically
- Learning to live with loss and recognising ones resilience and adaptability
- Signposting information where required.

## SESSION INCLUDES

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- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the seminar
- Opportunity to ask questions

## HANNAH ABRAHAMS (SPEAKER)

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Trained as a primary school teacher and subsequently a Child and Educational Psychologist at the Institute of Education in London, Hannah works in both the state and private sector. She has worked in significant trauma and crises including supporting families and children directly affected by the Grenfell Tower Disaster. Over the past 18 years including becoming a mother of 3 children she has worked in schools and with Mental Health Teams to provide support to children and families.

She has a special interest in Autism and supporting children in developing their emotional intelligence as well as key specialisms in specific learning difficulties including Dyslexia and Dyspraxia. Hannah also regularly works with new mothers and fathers, supporting their transitions into parenthood.