

ILLAWARRA COUNSELLING & HOLISTIC SERVICES



Supporting Children Through Grief & Loss

Helping little hearts heal with understanding, care, and hope.



Understanding Their Journey

Children process grief differently from adults. They may struggle to understand the permanence of death or feel uncertain about how to express their emotions. Open, age-appropriate conversations can provide clarity & comfort during this challenging time.

Supporting Your Child

Create a safe space for your child to ask questions and share their feelings. Use language that is clear, honest & avoid confusing euphemisms like “passed away” or “lost.”

Let your child know they are safe and that the death of their loved one is not their fault. Emphasise that their thoughts, words, or actions did not cause this loss.

Be patient. Grieving is a unique process for every child. They may revisit their feelings and questions over time, needing ongoing support & compassion.



Grief is an innate & deeply personal response to loss, & every individual—especially children—experiences it differently. There is no “right” or “wrong” way to grieve, & it’s important to honour the unique journey your child is on. Children may express their emotions in bursts, alternating between sadness & play, or they may appear withdrawn, processing their feelings inwardly. This fluctuation is natural & reflects the way young minds cope with overwhelming emotions.

At Illawarra Counselling & Holistic Services (ICHS), we specialise in supporting children & families through grief and loss. We provide compassionate, holistic care tailored to your child’s unique needs, offering therapies such as CBT, Art Therapy, Play Therapy, & mindfulness-based interventions to foster emotional wellbeing.