

### ***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.taylorandforgie.com.au](http://www.taylorandforgie.com.au)

or call our

**Bereavement Care Services at  
Taylor & Forgie Funeral Directors  
8522 1734**

email: [info@taylorandforgie.com.au](mailto:info@taylorandforgie.com.au)

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# **Free Services We Provide**

## **Taylor & Forgie Funeral Directors**



*We Help People  
Through Difficult Times*

15 Cowan Street, Gawler  
&  
98 Adelaide Road, Gawler South

**8522 1734**

[www.taylorandforgie.com.au](http://www.taylorandforgie.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  
8522 1734**