

Coping with Loss at Christmas

With 1 child in every classroom affected by bereavement (Winston's Wish), winter can deepen feelings of loss. This flyer offers guidance and support contacts.



Create your own meaning



It's okay if Christmas feels different. You can create new traditions, like baking together, making holiday cards, or lighting a candle in memory of someone loved. Doing something kind for yourself or others can also bring comfort. Adapting Christmas in this way can help children and families cope with loss (Child Bereavement UK: [link](#)).

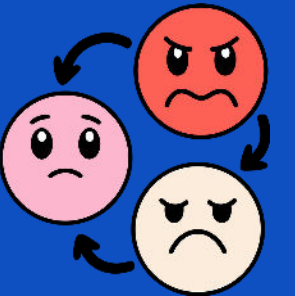
Remember them

Share happy memories, stories, or traditions.

Make a small tribute, like lighting a candle, creating a memory ornament, or looking at photos. You can learn more [here](#).

Acknowledge Your Feelings

It's okay to cry, feel angry, or miss them. Your feelings might come and go – sometimes you may feel okay, other times sad. That's normal. You can have a look online for more advice on this: [NSPCC - Family Bereavement](#).



Writing your feelings in a journal, drawing, or talking can help.

Ask for help

Talk to someone you trust: parent, guardian, teacher, or friend.

Professionals like school counselors or youth workers can support you.

Below you will find online and phone support lines for young people in grief.



Find comfort

Spend time with people who make you feel safe. Listen to music, read, or watch a comforting movie.

Take care of your body: eat, sleep, and get some fresh air.

NO!

Set Your Own Boundaries

You don't have to participate in every tradition.

Say "no" if something feels too hard.

It's okay to leave a gathering if you feel overwhelmed.

[Setting Boundaries While Grieving - What's Your Grief](#)

Everybody Grieves Differently

It's ok to laugh and have fun with friends and family and still miss your loved one.



[Childline: 0800 1111](#)

[Cruse Bereavement Care: 0808 808 1677](#)

[Samaritans: 116 123](#)

www.winstonswish.org.uk

<https://bolton-together.org.uk/ithrive-2-19-years-referral-form/>

[BLGC Bereavement Support](#)
[Alfies Squad](#)

[Helplines & Resources:](#)