

TIPS FOR COPING WITH YOUR PARENTS' DISTRESS

- Grief is a painful but unavoidable part of separation.
- You cannot stop your parent from experiencing grief and sadness.
- You are not the parent. You may be tempted to 'parent your parent' by trying to make sure he or she never feels lonely or by taking care of him or her. Kind and loving as these attempts are, they can't actually change the situation.
- Your parents want to see you getting on with your own life and keeping up with your friends. They do not want to see you staying away from things in order to mind them.
- Give your parents some time to come to terms with things too. They may not feel ready to answer all your questions when you ask them.
- If you are concerned that your parent is not coping or is unwell then speak to another adult in your wider family.
- With time, everyone will learn to adjust.
- This is the start of your family living in a different way. It is not the end of your family.