

For my family...

As you know, I am a member of Scotty's Little Soldiers, as they were set up to help young people like me when their parent has died. They have given me loads of suggestions that could help me when life feels tough.

I have lots of different feelings and emotions because of what happened to me. I have ticked some things that I think will help me. Please take a look and help me make a plan.

Thank you!

From:

Please do not share

You can support me if you...

Help me to keep in touch with other family members.

Help me to decide who to tell about what has happened to me.

Make sure my school are aware of my loss and key anniversary dates that may affect me.

Find me a trusted adult to talk to when I need extra information, guidance or support.

Help me feel safe and secure when I get worried about things.

Tell me about my parent as I like to hear stories about them.

Answer any questions that I have and explain in a way that I will understand.

Ask me how I am feeling, as it might not be obvious.

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