

For my family...

As you know, I am a member of Scotty's Little Soldiers, as they help children like me when their parent has died. They have given me loads of ideas 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...

Ask me how I am feeling.

Help me to tell people what has happened to me.

Answer any questions that I have and help me understand things that are happening.

Find me an adult to talk to when I need any extra help.

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

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Help me feel safe when I get worried about things.