

Perceptions in middle childhood about “what is hard” and “what helps”

II Things that help

People: friends, family, and helping professionals

- being w my friends
- friends and family
- just talk it out with a friend or adult
- family
- going to a counsellor
- talking to someone
- tell someone your feelings
- cuddling mum and dad

Nature

- I cuddled my cat
- play with your cat
- going through the forest

Sharing (with people)

- talking about it
- talking about it
- talking about it would be helpful
- stories of other children who have lost people close to them so they know they aren't alone
- to write letters to her family about how much we like her
- contact them (friends who have moved)
- a place to talk

Sharing (with inner representations)

- lots of hugs and talking to my doll Madeline
- talking to something
- writing to Maeve
- I wrote a letter to Maeve

Memories

- lots of hugs and funny memories
- her face and her words (Maeve's)
- think about them lots
- thinking about all the fun memories you had together

Activites

- funny movies, chocolate
- future instincts things
- smiles
- taking deep breaths
- writing poems and stories about catching them (a game with the lost loved one)
- do something fun
- no homework or school (!)
- seeing him (loved one in hospital)

Philosophy, religion, psychological orientations

- I don't think about it
- Maeve being free
- no matter what it will be alright
- think that you are not alone
- don't think about it
- remembering they have gone to a better place
- helpful messages
- good news
- nothing