



## PEER TO PEER SUPPORT

- **ACKNOWLEDGE the loss personally and privately.**
  - If your child is young, help them find a way to connect to their friend in a personal way.
    - Make a card, draw a picture, bake cookies---bring it over to the home with them.
  
- **Speak and move from the heart**
  - Though we may not always know the “right” thing to say, sometimes just being able to hold the silence and stay present with the pain is more important than any spoken word.
  
- **Remember special dates**
  - Anniversaries, birthdays, holidays can be very difficult.
    - When possible, acknowledge these times personally. Sending a card or note is appropriate, as well.
  
- **Don't expect the “old” person to return**
  - Their lives have been inextricably changed and they will, too, as a result.
  - Be patient with the grieving process
  
- **Remember, the grieving process lasts a lifetime.**
  - While it changes over time, it remains.
  - Be a friend months...years later.
  
- **Speak up and get additional support if your friend's behavior or feelings become too overwhelming or frightening.**
  - Trust your gut.
  - Engage a trusted adult in the process of supporting your friend.
  - It is not necessary ...or wise to carry the burden alone.

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