

# Impact on Families

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People cope with trauma in different ways and this can lead to partners, parents and children not understanding each others' reactions.

It might help to deal with this if you remember

- People may express their grief in different ways - some may talk more about how they feel while others may hide their feelings and focus on activities, including work
- Family members may retreat into their own private grief and way of coping
- Children will react differently, depending on their age and understanding. Because of this they may talk more bluntly and ask direct questions
- If you have lost a child and have other children, they may feel isolated, angry or afraid

It is important to understand and accept these differences and for family members to communicate with each other, even if this is difficult.

It is also important to acknowledge and discuss any financial worries as they can add to your grief.