

Grief and Loss

signs that your child might
need extra support

While it's normal for children to experience a wide variety of emotions, there are some behaviours that it's essential to look out for.

THESE INCLUDE:

- Changes in eating habits, including not eating or eating too much
- Trouble concentrating
- Aggression, defiance, or disobedience at school or home
- Disinterest in usual activities
- No longer visiting friends
- Returning to behaviour typical of a younger age, such as fear of the dark or thumb-sucking
- Crying a lot or self-harm
- Creating a fantasy world

These might be signs that your child needs help adjusting to their parent being in custody.

If you're at all concerned about your child's behaviour or well-being, **reach out for help.**

Contact your GP and/or your child's school to arrange for them to see the school counsellor, or call a hotline for help (*see our other resources.*)

