

When someone close to you is critically ill (3)

How your child can maintain a bond, even without being able to visit

Whenever dealing with suggestions, listen to your gut instinct and what feels right for your child. Everyone needs something different to feel a bond. Offer different ideas without pushing anything in particular.

Give your child something to keep nearby which reminds them of their loved one. This could be a picture or a t-shirt, or a video on the phone... But also respect them if any reminders are too much! Therefore do not reproach your child and do not place them under pressure when they say something or otherwise show they would not like to be reminded. On the whole, this is a sign that the burden is too large and that your child is struggling to cope and not a sign of indifference.

If not too stressful for both parties, you can obviously call the critically ill person, but writing a card or drawing a picture which can be hung in the patient's room can also lead to a feeling of bonding. Help your child by preparing them. When they already know what they could share, write or draw then there is somewhat less pressure.

Find a large, empty glass and dried pulses from the supermarket, maybe a mix of different colours or runner bean seeds, with a nice pattern. Every day, with a loving thought or wish for the ill person, place a bean in the glass which will fill up slowly. This way you can create a glass full of love and visible proof of the bond with the critically ill person.

Together with your child, find semi-precious stones, one for each person involved in the relationship. That way you can think together about which stone best suits the critically ill person, your child, etc. This stone can be placed in a small box, an envelope or a small bag so that they have a particular bond with one another. The child's stone can be placed by the critically ill person and the critically ill person's stone stays with the child. So they remain linked at all times.

Small children really like blowing a kiss towards the critically ill person. This can be done alongside a "good morning", "good night", "I'm thinking of you" or an "I love you". Many children enjoy finding out the correct direction to blow a kiss to ensure it is going the right way.

Wenn Sie zu diesem Thema Fragen haben oder sich Unterstützung wünschen, holen Sie sich fachlichen Rat. Ihre örtliche Beratungsstelle oder unser Beratungsteam überlegen mit Ihnen gemeinsam, welche Erklärungsschritte gerade anstehen und wie Sie diese gehen können.

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Sie erreichen uns
Montag bis Freitag
zwischen 10.00 und 14.00 Uhr