

Is someone you love very ill?

Ideas to help you stay connected when you can't visit

It can be so hard when someone you love is seriously ill and you can't visit them. Even though they are surrounded by people who are caring gently and kindly for them, it can be very tough to be apart from them. Here are some ways that you can feel closer together, and look after yourself. Tick the ones you feel like trying, and keep this as a reminder.

Listen to music that they like or eat their favourite food

Write them a letter or card, or draw them a picture and send it by phone

Send them something to hug and think of me

Make sure I look after myself by exercising, eating well and getting enough sleep

Ask questions about what is happening even if people get upset. I need the facts to understand, and talking about it will help me

Share with others if I start to think I am to blame

Tell people what helps me feel better and keeps me feeling safe

Keep something that reminds me of them with me in my pocket or in a special place

Record them a message telling them how much I love them, or things about my day. Make a recording of the sounds of home

Ask for help and support whenever I need it.

Stay connected with friends and family even though we have to be apart

Find ways of expressing my feelings by writing, drawing, music or exercise

Ask for any extra help I might need with school work, especially while schools are closed

I'm going to try
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