

Go-TO Supporting children with bereavement



- ** Everyone enduring a loss will grieve differently in the moment, and over time.
 - ** Children's grief responses are prevented from tipping into emotional overwhelm by subconscious protection systems.
- Behaviours will switch in an instant from upset to playful, sad to happy.

As with any aspect of parenting, carefully take time for your own needs first.

- ** Aim to avoid the pressure of always hiding all your own feelings.
- ** Witnessing some of your emotions will encourage your child to feel more comfortable sharing their own feelings and worries.
- ** Watching how you use your supports and coping strategies will help your child to gradually develop their own healthier ways to grieve.

Age differences

Pre-school

- ** Limited understanding of concepts e.g. 'forever'.
- ** Instinctively aware of emotional atmospheres.
- ** Changes in behaviours e.g. more clingy, are ways of communicating distress.
- ** Young children need the comfort & reassurance of familiar people & routines.

Primary school

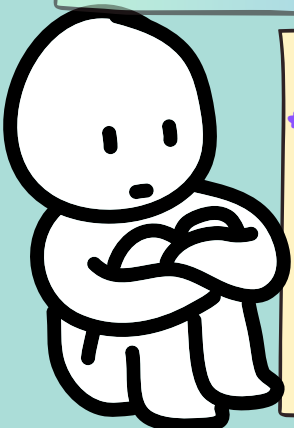
- ** Active young imaginations will fill gaps left from unanswered questions.
- ** Can feel responsible & try hard 'to be good'.
- ** Can feel overly anxious about everyone's health.
- ** They need honest explanations. Also support to continue being playful.

Secondary school & beyond

- ** Older children often revisit and re-process earlier bereavements as understanding increases.
- ** There can be risk of increased isolation & vulnerability to low mood.
- ** They need familiar boundaries and often benefit from peer support

The importance of clear explanations...

- ** Age-appropriate honesty is easier for children to process & prevents false assurances leaving them feel more isolated.
- ** Avoiding 'gone to sleep' etc can prevent future fears.
- ** When children ask follow-up questions, they need honest, appropriate answers in order continue processing their grief.



We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm

Go-TO

Supporting children with bereavement



Finding the right way to say goodbye

- **Support children by considering any pet deaths carefully in preparation for later losses.
- ** Consider creative ways to involve children in goodbye activities.
- ** Carefully prepare children's expectations of any ceremonies.

Useful websites and Organisations

childline.org.uk (0800 1111)
cruse.org.uk
(hopeagain.org.uk)
youthlife.org
barnardos.org.uk
winstonswish.org
mariecurie.org.uk
childbereavementuk.org

APPS & PODCASTS

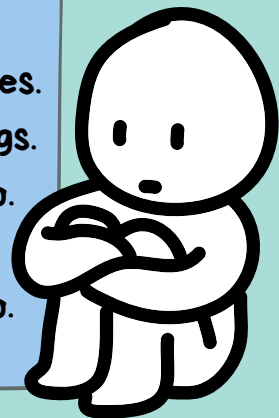
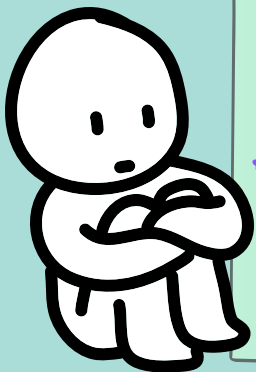
- **Apart of Me
- **Headspace
- **Griefcast
- **Help 2 make sense
- **Terrible thanks for asking.

Some books to consider (there are 100s of others)

- * Grief Works: Stories of life, death and surviving by Julia Samuel
- * An introduction to coping with grief (2nd edition) by Sue Morris
- * 'How Children Grieve' by Corinne Masur
- * 'Mum's Jumper'... Jayde Perkin
- * 'Someone has died suddenly' Mary Williams



Getting through the tough days

- ** Consciously make gentle time to be together.
- ** Being mutually occupied creates soothing talking spaces.
- ** Find safe outlets for any deep rage or angry feelings.
- ** Create collections of memories to share and return to.
- ** Create drawings and paintings to express feelings.
- ** Consider arranging future events to look forward to.
- ** Add new family traditions to old familiar ones.



Seek professional support from GP if your child's feelings of anxiety or fear become overwhelming or continue to impact daily life

Try to create bespoke combinations of NESTing
Nurture - comfort, nourishment & rest.
Energise - exercise, nature & fresh air.
Support - being together & support from others
Time - consider alone time if appropriate.

 Grief is natural proof that love exists. Allow time for healing adjustments. 

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