

SUPPORTING CHILDREN EXPERIENCING BEREAVEMENT

We are wired to protect the children in our care and when we see them hurting, we want to do everything in our power to make them happy. A parent of children under 18 dies every 22 minutes in the UK; around 23,600 a year. This equates to around 111 children being bereaved of a parent every day (<https://www.childbereavementuk.org/death-bereavement-statistics>)

Losing a loved one is a traumatic experience and many children do not have the protective support factors to guide them through the process, that's where school and pastoral staff can step in.

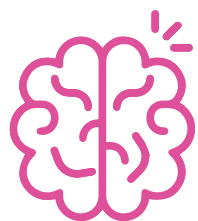
There are many things you can do to help children to work through their emotions, understand what's happened, and cope with their loss.



TALKING

Talk about anything the child wants, they don't always have to talk about the person they have lost.

Encourage them to vocalise their feelings and share memories or happy times.



MEMORIES

A memory jar, box or book is a good way to collect and write down favourite and special memories of loved ones.

These can then be pulled out and read later and encourage thinking of better times.



JOURNALLING

Putting feelings into words can be helpful if children aren't sure what to say.

It can help a child process how they are feeling and understand how far they have come in their grief journey.



READING

There are many books and stories that can support children with their grief.

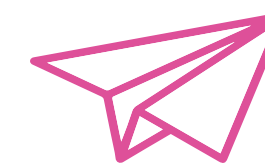
These may offer strategies, support and kindness when things are tough. These can also help younger children talk about grief.



PHOTO BOOKS

Collecting and collating photos of the life of the person has died, helps to keep their memory alive.

This can help children to talk about their experiences and reflect on their life with that loved one.



UNSENT LETTERS

There may be things a child wishes they could have said to the person who has died.

Writing a letter to that person can be a good way for a child to share the things they feel they need to.

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