



Bereavement

Resources and ideas for parents, carers and practitioners

Knowing how to talk to young children about death can be difficult at any time and the Corona virus has added a unique set of circumstances. Children express their grief in many different ways and can move through emotions quickly, which is often described as "puddle jumping." Follow their lead and give age-appropriate information about what has happened, and what is going to happen. Be as factual as possible and be prepared to repeat this information. Wait for questions, as this suggests the child is ready to look for information. Go at their pace and expect that children may want to explore their emotions through play. There are many local and national organisations offering support and advice, listed below are a selection of the resources available:



Coronavirus: Tips on coping with fear of losing a loved one

A bereavement expert gives tips on how to cope

Double click to play video

WEBSITES FOR GENERAL ADVICE:

- **Telling a child someone has died from coronavirus:** <https://www.winstonswish.org/telling-a-child-someone-died-from-coronavirus/>
- **Corona virus specific information around traumatic bereavements and funerals:** <https://www.cruse.org.uk/coronavirus/grieving-and-isolation>
- **How children understand death at different ages:**
- <https://www.cruse.org.uk/get-help/for-parents/childrens-understanding-of-death>
- **Guides for parents & carers:**
- <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/>
- <https://www.mariecurie.org.uk/blog/five-ways-to-support-bereaved-children-during-coronavirus/271538>
- **Staying connected when someone is seriously ill:** <http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>
- **Saying goodbye:** <https://www.youtube.com/watch?v=SnlYObmeAZE&t=13s>

WEBSITES FOR SPECIFIC SUPPORT:

- **Supporting children with SEND:**
- <https://www.winstonswish.org/supporting-children-with-send/>
- **Loss of a parent:** <https://www.hopeagain.org.uk/> (Youth website of Cruse Bereavement care)
- **Loss of a parent or sibling:** <https://www.winstonswish.org/>
- **Sibling support:**
- <http://www.siblingsupport.co.uk/>
- **Loss of a child:** <https://www.tcf.org.uk/content/loss-during-covid-19--pandemic/>



Apps and social media:

Grief Encounter are running activities for bereaved children and families on their Instagram page: <https://www.instagram.com/griefencounter/?hl=en>

An app for older siblings: <https://apartofme.app/>



Helping young people cope with grief
Apart of Me is a game designed to help you cope with the death of a loved one. Based on psychological research, the app provides a safe virtual space...
Search of Me



Picture books can be an enormously useful way of exploring feelings:

These pages have links to a selection of picture books for a variety of ages:

<https://www.booktrust.org.uk/booklists/g/grief-and-loss-5-8-year-olds/>

<https://www.winstonswish.org/books-bereavement-world-book-day-2018/>

To borrow picture books please contact: rosie@bhchildrenscentre.org.uk