

SUPPORTING A BEREAVED CHILD

Part of the FAMILY LIFE series

I want to support him but I'm hurting too.

When you have lost someone through death, a partner, child, family member or friend, it may seem overwhelming to offer support to your child. The loss experienced will have changed everything and each family member will be trying to make sense of what has happened in their own way. Children and young people may need some help with this.



Free Parentline
0808 800 2222

Free Textphone
0800 783 6783

Website
www.parentlineplus.org.uk

Email
parentsupport@parentlineplus.org.uk

 **Parentlineplus**
because instructions aren't included
0808 800 2222
www.parentlineplus.org.uk

📌 Parentline Plus Tips WHAT TO DO

- ✔ Try to talk to your children honestly and explain what has happened in a way that they can understand. They need information and reassurance.
- ✔ Try to talk to the children about the funeral. Including them and giving them choices will help them to remember and say goodbye.
- ✔ Talk about the person who has died – include your children in remembering.
- ✔ How children grieve will depend on their age and understanding of events.
- ✔ Your children's grief may be shown in behaviour and they may be distraught one minute and playing happily the next.
- ✔ Inform the school about the child's loss.
- ✔ Trust your instincts as a parent and ask for help if you need it.
- ✔ It's OK for you and your children to feel sad, angry, confused, empty, guilty, anxious and many other emotions – and it is OK if you don't.

FURTHER HELP

Childhood Bereavement Network

Can signpost to local and national support services

→ Website: www.childhoodbereavementnetwork.org.uk

Cruse Bereavement Care

For parents:

→ Tel: **0844 477 9400**

→ Website: www.crusebereavementcare.org.uk

For young people:

→ Tel: **0808 808 1677**

→ Website: www.rd4u.org.uk

Winston's Wish

For grieving children and their families

→ Tel: **0845 20 30 405**

→ Website: www.winstonswish.org.uk

Child Death Helpline

For anyone affected by the death of a child

→ Tel: **0800 282 986**

→ Website: www.childdeathhelpline.org.uk