

What else can I do?

- Stay in touch with staff at your child's school, tell them if you are concerned, ask them to let you know how your child is doing and what they have in place to support them
- Let your child know that it is OK to feel happy and have fun, it doesn't mean that they have stopped caring about the dead person
- Grief can vary from person to person, but the intense painful feelings should lessen over time. If they don't, seek help; from school, or your G.P.

Where can I get more help and advice?

YOUNG MINDS

Parents Helpline :

0808 802 5544

Youngminds.org.uk

WINSTON'S WISH

National bereavement charity:

0808 802 0021

www.winstonswish.org.uk

More information is available at:

<https://www.tameside.gov.uk/sid/bereavement>



Supporting Your Child with a sudden Loss and Bereavement



TAMESIDE
EDUCATIONAL PSYCHOLOGY SERVICE

Tameside
Metropolitan Borough

When someone dies, feeling of grief can be overwhelming. These feelings can be even more difficult to manage if the death is sudden or traumatic.

There is no chance to say goodbye.

Whilst some of the feelings associated with sudden death may be similar, everyone is unique.

Your child may be: tearful, have difficulty sleeping, lose their appetite, experience headaches and stomach aches, feel numb, feel detached, not be able to concentrate, be angry, feel achy and stiff, sleep too much, not be able to cry, cry a lot...

The best thing you can do is provide support and keep them safe, let them know you love them

What might affect my child's grief?

- Your child's age and understanding
- How close they were to the deceased
- The nature of the person's death
- Your child's own experiences/lack of experience of death

Research shows that Children and Young People are best supported by the people that know them and care for them

What Can I do?

Be open and honest - Explain, age appropriately, clearly why the person died. Don't use confusing expressions; use the words dead or died

Listen and try to answer their questions - Listen to their feelings. It is hard to talk about, but if they ask questions they need to talk. It doesn't matter if you don't have all the answers

Reassure your child - Explain to them that their feelings are normal and they won't always feel this way

Don't be afraid to express your own emotions - By showing your feelings you are letting your child know that it is OK to express emotion. Their sadness, anger and anxiety might come out at unexpected times

Talk to your child about how they want to say goodbye - prepare them for the funeral, it will help them to know what to expect. Your child might want to find another way, like a memory box, plant a tree or write a letter

Acknowledge upcoming anniversaries Talk about the anniversaries and discuss how they might like to commemorate these

Take care of yourself too - make sure you can talk to someone and you have support