



GRIEF SUPPORT

The following information could help if your child has lost or is about to lose someone, such as a family member or friend.

If a child has a loved one, such as a friend or family member who's going to die, they can benefit from special support. A child's stress level is often at its highest before bereavement because of fear and the unknown. Pre-bereavement counselling gives a child a chance to think and talk about their feelings and share their worries. The [YoungMinds](#) website has more information on counselling services for children and young people.

If you're a parent and you know you're going to die, you could make a memory box to give to your child, or make one together. A memory box contains things that remind you both of your time together. It can provide an important link between you and your child once you've gone. [Macmillan Cancer Support](#) has information about making a memory box.

During bereavement, it can help a child to talk about the person who's died, whether it was a grandparent, parent, brother, sister or friend. Direct, honest and open communication is more helpful than trying to protect your child by hiding the truth. If you exclude them from family ceremonies and services after someone has died it could make them feel excluded. This can also help your child be open about their own feelings and avoid confusion about what has happened. It may be helpful to talk as a family, perhaps with your child, about how to include them in any events that celebrate or say goodbye to the person who has died.

It's important for them to have someone with whom they can talk about that person and share their emotions. This could be through photos, games, memory boxes or stories. Over time, children may start to talk more about their loss at different times and in different ways. Young children may start talking about death or including it in their play, but this is normal and is a way for them to make sense of what has happened.



SEVENOAKS PREPARATORY SCHOOL

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There are also bereavement charities that offer helplines, email support, and online communities and message boards for children. These include:

Child Bereavement UK

Call [0800 028 8840](tel:08000288840) Monday to Friday, 9am to 5pm, or email helpline@childbereavementuk.org

Cruse Bereavement Care

Call [0808 808 1677](tel:08088081677) Monday and Friday, 9.30am to 5pm; Tuesday, Wednesday and Thursday 9.30am to 8pm; Saturday and Sunday 10am to 2pm

Grief Encounter

Call [0808 802 0111](tel:08088020111) Monday to Friday, 9am to 9pm, or email contact@griefencounter.org.uk

Hope Again

Call [0808 808 1677](tel:08088081677) Monday to Friday, 9.30am to 5pm, or email hopeagain@cruse.org.uk

Winston's Wish

Call [0808 802 0021](tel:08088020021) Monday to Friday, 8am to 8pm, or email ask@winstonswish.org

[You can also find out more about children and bereavement from the Childhood Bereavement Network](#)

BEREAVEMENT CHARITIES