

Bereavement & Loss

- Be careful with the language and the explanations you use
- Explain religious or spiritual rituals that the child might experience, e.g. funerals
- Be prepared for your child to ask questions, which may be very 'matter of fact'. Try to answer as honestly as you can
- Remember your child might not express feelings about the bereavement or loss in the same way as other people
- Help remember the person who died
- Be aware that changes in routine might make your child feel more stressed or anxious
- Look after yourself too
- Ask for more support if you need it. Try Winston's Wish (winstonswish.org) or Child Bereavement UK (childbereavementuk.org)

Support

Winston's Wish
(winstonswish.org)

Child Bereavement UK
(childbereavementuk.org)