

Bereavement and Loss

- Be careful with the language and the explanations you use
- Explain religious or spiritual rituals that the child might experience, such as 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
www.winstonswish.org

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