

Bereavement

Over the next few weeks, some of our children may encounter a bereavement of a loved one. Grief is a very personal experience and we all deal with it in different ways. Remember, there is no right or wrong way to deal with grief. Give your child space so they can deal with their feelings in their own way. Below we have collated a range of bereavement support resources and books to help you and your child during this difficult time.

Hertfordshire's Coronavirus Bereavement Guides

Our local authority along with the NHS have produced a few guides to help support people that have lost a loved one due to coronavirus.

<https://www.hertfordshire.gov.uk/services/childrens-social-care/news-and-campaigns/coronavirus-bereavement-guides.aspx>



Child Bereavement UK



Child bereavement UK helps children and young people, parents, and families, to rebuild their lives when a child grieves. They have a specific section for family who have lost a loved one due to coronavirus. As well as their online resources they

have a helpline operating from Monday-Friday 9am-5am 0800 02 888 40 and a live chat via their website.

<https://www.childbereavementuk.org/pages/category/coronavirus>

Winston's Wish

Winston's wish has brought together a selection of useful information and resources relating to coronavirus which you may find useful in helping to support children and young people struggling with bereavement or loss during the outbreak.

<https://www.winstonswish.org/coronavirus/>



Cruse UK

Cruse have put together these resources to share how bereavement and grief may be affected by this pandemic. It covers some of the different situations and emotions bereaved people may have to deal with. We will be adding to and updating this information as the situation develops.

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>



Twinkl

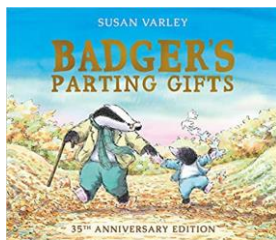


Twinkl have added a range of resources to support children with a bereavement. These resources include activity booklets, worksheets and craft activities.

<https://www.twinkl.co.uk/search>

Books

Below are a few picture books that may help you to discuss loss and grief with your child. We have tried to include video links to the stories.

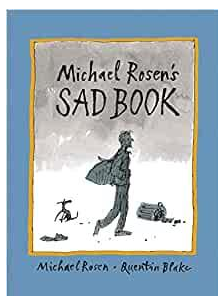
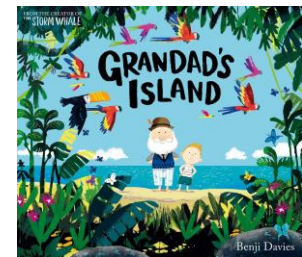


Badger's Parting Gifts by Susan Varley is a wonderful story where Badger's friends share their memories of him and realise that although Badger is no longer with them physically, he lives on through his friends.

<https://www.youtube.com/watch?v=tRTRABhJTbo>

Grandad's Island by Benji Davies is a book about a young boy who visits his Grandad's house at the bottom of the garden until one day Grandad is not there. This book is sure to provide comfort to young children struggling to understand loss, Benji Davies's tale is a sensitive and beautiful reminder that our loved ones live on in our memories long after they're gone.

https://www.youtube.com/watch?v=K9_KC3s3lRw



Sad Book by Michael Rosen is a story that reminds us that it is ok to be sad sometimes.

<https://www.youtube.com/watch?v=F4WOo0Lsr14>

The Heart and the Bottle by Oliver Jeffers tells the story of a little girl who shuts her heart away in a bottle for safety after the loss of someone close. But after that it seemed that the world was emptier than before...

https://www.youtube.com/watch?v=8FSuy-J_Pzk

