

Ways To Remember

It can be helpful to create something to remember the person who has died for example:

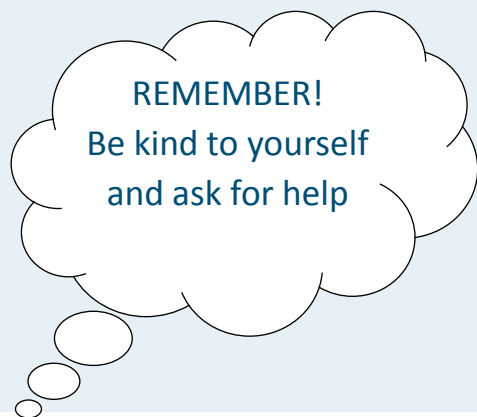
Memory Box or Book— fill with pictures, mementos, possessions etc.

Plant a Tree or Plants

Artwork - create something as a keepsake that will remind you of the person

Diary—write down your thoughts, feelings and memories of the person

Letter—write the person a letter



Where To Find Help

winstonswish.org.uk supports children, young people and their families after the death of a parent or sibling
08088 020 021

hopeagain.org.uk is the youth website of CRUSE Bereavement Care and provides support, advice and information
0808 808 1677

theprinceandprincessofwaleshospice.org.uk provides support and advice to people who have a life-limiting illness and their families through the Butterfly Service
0141 429 5599

childbereavementuk.org provides bereavement information and support including a Child Bereavement App
0800 028 8840

Other Useful Websites

www.richmondshope.org.uk
www.littlewebsite.org
www.petalsupport.com
<http://uk-sobs.org.uk>
www.brighteststar.org.uk/
www.childline.org.uk
www.samaritans.org
<http://mbss.org.uk/>



Bereavement, Loss and Grief

A Guide for Children and Young People

How to cope when someone has died



The Prince & Princess
of Wales Hospice



When Someone Close To You Has Died

Death is part of the natural cycle of life that all living things go through.



Every living thing is born, lives its life and then dies.

When someone dies, everyone close to them feels the loss. No two people will think or feel the same way about it—we're all different. This is quite normal.

How Might I Feel?

There is no "right" or "wrong" way to feel! Your feelings may change from day to day and over time.



angry sad frightened
helpless anxious guilty
shocked numb confused
relieved helpless
lonely

What If I Don't Feel Anything?

Remember - there is no "right" or "wrong" way you should feel - you might not feel anything at first.

This is okay too! Sometimes feelings can come later on.

Dealing with strong emotions can make you feel different. You might:

- ~ Feel tearful
- ~ Not feel like eating as much as usual or want to eat more
- ~ Not sleep properly
- ~ Have aches and pains
- ~ Feel annoyed or grumpy

How Can I Manage My Feelings?

The feelings we experience in the days, months and maybe even years that follow someone dying are a normal part of the healing process.



You might have to try a variety of things to find out what can help you to manage your feelings.

Ways To Help

- ◇ Go for a walk
- ◇ Play sport
- ◇ Listen to music
- ◇ Read a book or watch a film
- ◇ Relief from grief: it is okay to **laugh, play and have fun**
- ◇ Talk to someone about how you are feeling
- ◇ Do not be afraid to use the words 'dead' or 'death'
- ◇ Writing things down can also help
- ◇ Cry! Let it out! Holding in your feelings can make those feelings worse.

What About School ?

You might worry about having to tell people in school about who has died and what happened. You might worry about what school will be like.

Someone will contact the school to tell the Head Teacher and a key member of staff. They are there to help you so talk to them about what would help you at school.

Being back at school, seeing your friends and doing your normal activities can really help.