



SIC Educational Psychology Service

Supporting Grief and Loss



When a parent, sibling, grandparent or friend has died, children and young people grieve just as deeply as adults, but they can show it in different ways. How a child or young person responds to someone dying will be influenced by their age and understanding, the relationship they had with the person who died, and how the person died. The way they react will vary greatly, as individual children absorb and process information differently.

We have put together some information and useful online guidance for you to support a child or young person dealing with bereavement.

Information for Schools:

Educational Psychology Service, Bereavement Resource Pack can now be viewed on GLOW.
[Bereavement Pack online \(SIC Glow sign in required\)](#)

[Advice for schools supporting bereaved pupils | Winston's Wish](#)

[Supporting children and young people through bereavement | Resources | Education Scotland](#)



Seasons for Growth is a programme run in schools, on request, for children and young people who have experienced significant change or loss. Addressing a variety of emotional and behavioural issues and reducing the amount of children and young people who require specialist help. Seasons for Growth is based on the belief that change, loss and grief are a normal and valuable part of life. It is not counselling or therapy.

For further information please contact: Marina Bazeley, Education Outreach Worker.

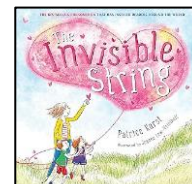
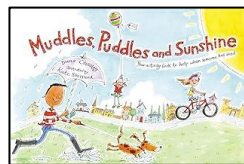
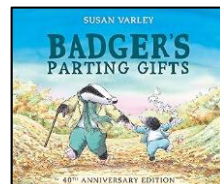
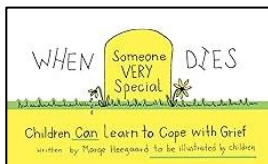
Information for Parents/Carers:

[Grief support for parents and carers support bereaved children | Winston's Wish](#)

[Grief in Common podcast | Winston's Wish](#)

Suggested workbooks/storybooks for children:

Child Bereavement UK also have a great suggested reading list together with online resources:



[Books and resources for bereaved children up to 11 years old | Child Bereavement UK](#)

[Books and resources for bereaved children from 11 to 18 years old | Child Bereavement UK](#)

We do have a small selection of example books for you to view on request.

Child Bereavement UK and Winston's Wish are childhood bereavement charities in the UK which offers a wide range of online practical support and guidance to bereaved children.



Local Support:

Shetland Bereavement Support Service aims to support anyone in Shetland experiencing a bereavement - that includes children and young adults. SBSS has support workers who have received specialist training in supporting bereaved children and young adults. They also offer great online resources.

Contact:

Email: sbss@shetland.org

Website: [Shetland Bereavement Support Service](https://shetlandbereavementsupportservice.org.uk)



[Schools - resources for teachers | Shetland Bereavement Support Service](#)

[Families - resources for parents | Shetland Bereavement Support Service](#)

Educational Psychology Service is available for consultation and possible intervention in relation to bereavement and loss impacting on children and those who support or care for them.

Our part-time Education Outreach Worker, Marina Bazeley, is available for guidance and further discussion.

Should you require more information on any of the information supplied please contact:

Marina Bazeley

Education Outreach Worker

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Educational Psychological Service

Children's Services

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