

# Parent/Carer Support Pack

**This leaflet might help you when...**

An event happens that is outside the range of ordinary human experiences, usually sudden, which can give rise to intense emotional and physical reactions at a level that can, potentially, overwhelm individuals.



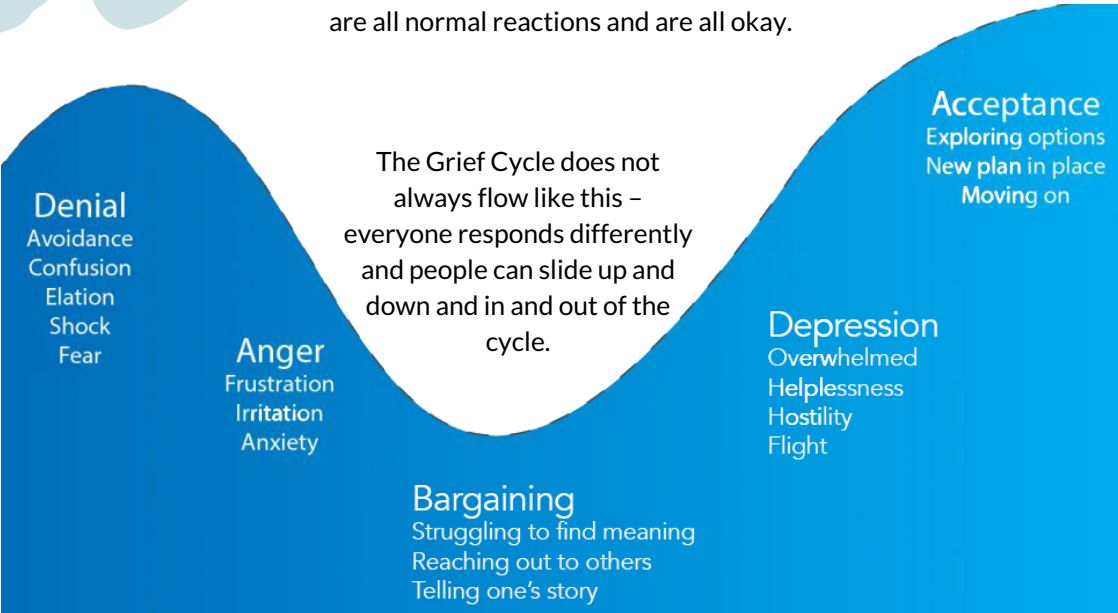
**Those who are grieving don't usually need an expert... just familiar people who care.**



Grief can be caused by many different things, for example, the death of someone you know, the death of a pet, the ending of a relationship, big life changes. It could also be called “the loss of something in your life”. Quite often, these events are unplanned and will come as a shock.

There is no right or wrong way as to how you or your child may feel because everyone will experience grief in a way that is unique to them.

Some people may feel confused, guilty, scared, lonely. Some people may be angry, others really upset and some people may act as though nothing has happened – these are all normal reactions and are all okay.



You may be worried about what to say in case you say the wrong thing. It may help if you:

Answer questions truthfully and directly

Reassure them that it's ok to ask questions

Let them know what is happening

Are honest

Validate your child's emotions

Allow them to express their feelings

Follow their lead

Acknowledge the loss

Your child may struggle to verbalise how they are feeling – encourage them to draw or write instead

## Some things you could say to open up conversation:

"what can I do to help you?"

"how can I support you?"

"would you like to talk about how you are feeling?"

"It's okay to talk to me"

"I can see you are feeling..."

"it's ok to feel..."  
"It's ok not to feel ok"

"I'm here to listen"

There is no magic wand to make pain go away or make things go back to normal. But there are some things you can try that might help ease the pain and help you and your child come to terms with loss. Remember, an adult and child may feel and respond differently.

## How you may be able to help yourself:

Acknowledge your own emotions

Recognise that it is okay for your child to see that you are upset

Reach out - don't be alone

Seek support for yourself if you are finding things difficult - speak to someone you trust

Share your own feelings

Create a safe environment for opportunities to remember

## There are places you can go if you need some extra support such as:

[www.lpft.nhs.uk/young-people](http://www.lpft.nhs.uk/young-people)  
Here4You - 0800 234 6342

[www.lpft.nhs.uk/steps2change/home](http://www.lpft.nhs.uk/steps2change/home) (16+ self-referral)

[www.kooth.com](http://www.kooth.com) (11+ online counselling and forums)

[www.lcgl.org.uk](http://www.lcgl.org.uk) (Lincolnshire Centre for Grief and Loss)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

[www.hopeagain.org.uk](http://www.hopeagain.org.uk) / [www.cruse.org.uk](http://www.cruse.org.uk)

[www.griefencounter.org.uk](http://www.griefencounter.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.childline.org.uk](http://www.childline.org.uk)  
Childline - 0800 1111

[www.samaritans.org](http://www.samaritans.org)  
Samaritans - 116 123

[www.winstonswish.org](http://www.winstonswish.org)  
[www.winstonswish.org/suggested-reading-list/](http://www.winstonswish.org/suggested-reading-list/)

[www.UKtraumacouncil.org](http://www.UKtraumacouncil.org)

[www.childbereavementuk.org](http://www.childbereavementuk.org)

[www.stbarnabashospice.co.uk/services/wellbeing-support/bereavement](http://www.stbarnabashospice.co.uk/services/wellbeing-support/bereavement)

**Please contact a member of staff at your child's education setting if you would like any further information.**