

Support for Children and Young People: A guide for Parents and Carers

Loss & Bereavement

Introduction

This guide has been created to offer advice to parents and carers who wish to know how you can support your child if someone they know or a loved one becomes seriously ill or dies with COVID-19. The document aims to give practical advice and guidance as well as signpost to organisations and services who may be able to offer more in depth support for parents, carers and young people.



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TALKING TO CHILDREN AND YOUNG PEOPLE ABOUT SERIOUS ILLNESS AND DEATH RELATED TO COVID-19

As parents and carers you may be experiencing your own upset, worry and/or grief which may make it feel harder to support your child. It is okay to ask for help so that you can support your child. Even if your child is not in school, you should be able to make contact with school staff who can support you. If you are able to, it may also be a good idea to use technology to socially connect with others. Looking after yourself is really important for you and your family.

It's good to talk:

Children can pick up on what is being discussed and may notice the changes around them (such as people wearing face masks). It is important they feel comfortable talking to you about COVID-19 as you will be the best source of information and reassurance for them. Your child might also talk to their friends or other children, which can involve imagination and misinformation. So having the chance to check-in with you regularly is even more helpful.

Talk when you feel calm:

You don't have to hide your emotions from your child, but try to talk to them when you feel strong enough to manage whatever they want to talk about. Being calm will help reassure them, and being honest about your feelings can help them see that it's okay to have mixed feelings at this time.

It might help to name your feelings and those of others, for example "*I am crying because I feel sad. I feel sad because grandma died and I can't speak to her anymore*".

Be truthful but remember your child's age:

Try to be honest and give factual information, you can adjust the amount and detail to fit the child's age and understanding. If someone is seriously ill, you might say "*a lot of people might get sick, normally it is like a cold and they get better. Some people need help from doctors and nurses in a hospital*". You can also express your hopes that they will get better and tell them about what is being done to help them.

If breaking the news of a death to a child, you could say something along the lines of:

"I have some very sad news to share with you. Remember we spoke about how [Name] was ill with COVID-19 and the doctors and nurses were doing everything they could to help make them better? Unfortunately, even though everyone tried their best, the illness was too much for [Name]'s body to cope with and he/she has died."

Younger children might understand a cartoon or picture better. You might give older children all the information you have in one go, but younger children may need small amounts of information given to them over days, weeks or longer. You might need to repeat the information many times.

Allow children to ask questions:

It is natural that children will have questions, and likely worries, about COVID-19. Giving them the space to ask these questions and have answers is a good way to reduce their worries. It's okay to not have all of the answers to your child's questions and tell them you don't know. If you think an answer is too upsetting for them to hear, tell them you feel that way. Some children might express their feelings or thoughts better by drawing or writing.

Give practical guidance:

Tell your child what you and other loved ones are doing to stay safe, as well as what they can do to stay safe (e.g. hand-washing, 'catch it bin it, kill it' advice for coughs and sneezes). Help your child practise and increase their motivation for keeping going (maybe thinking of a song they want to sing while washing their hands).

Communicating with children with additional needs:

You know your child best. The ways you usually talk to them and have supported them before will help them understand now. Here are some ideas you might try:

- Be literal and use simple language matched to their level of understanding e.g. say "died" rather than "gone to sleep".
- Follow your child's lead and go at their pace.
- Check you have understood what they have said and that they understand what you have said. Say it back to them, ask questions and check it out.
- Be creative- use drawings, puppets and small world play. You could include a photograph of the person or include objects, belongings or photos of activities that they associated with the person to support what you are saying.

You can use scripts, for example:

- If they are angry, show them the symbol/picture/sign for 'angry', 'dead', 'okay' and 'miss' along with a photo of the person who has died. You might say "you are angry because [Name] is dead. It's okay to be angry. You miss [Name]". You can repeat this if you see them crying or thinking of a happy memory.
- To explain a death, you could say "when a person dies their body stops working. [Name] is sad because they can't see [Name] anymore. Sometimes people cry because they feel sad. It is okay to be sad and cry when someone dies".
- To help you child cope with sadness, you could say "when I think of sad things I can (insert preferred activities that you like to do) and it helps me feel better. I know you like to (insert activities the child likes to do) and it might help you to feel better".
- You can try to reassure them by saying "we are safe because (insert the things that help the child feel safe at home or at school)" such as the practical guidance above or something more specific to them such as a preferred routine or soothing activity.

For children with hearing loss, The National Deaf Children's Society webpage has really helpful information in talking generally with a deaf child. Please see their webpage, "Communicating with a Deaf Child", for full details:

<https://www.ndcs.org.uk/information-and-support/being-deaf-friendly/communicating-with-a-deafchild>

CHILDREN & YOUNG PEOPLE'S UNDERSTANDING OF ILLNESS

In the context of covid-19, children may have relatives or friends who are unwell or even hospitalised. Children may become anxious or worried about what could happen in the future to themselves or others they know.

“Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future. Anxiety is a natural human response when we perceive that we are under threat. It can be experienced through our thoughts, feelings and physical sensations.”

[Mind.org.uk](https://www.mind.org.uk)

Presented below are children & young people's understanding of illness and the possible worries or anxieties which they may experience and the behaviours which may communicate these based upon developmental stages. This information is informed by research, but the age categories are for guidance only, use your own knowledge of your child to inform an appropriate response.

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- | | |
|---------------------------|--|
| 0-3 years | <ul style="list-style-type: none">• Children at this age will not understand what causes illness. They will find understanding illness difficult unless they can see it, such as a person sneezing. |
| 4-7 years | <ul style="list-style-type: none">• Children will find it difficult to understand a concept which they cannot picture in their mind. They will focus on what is happening in the here and now or soon.• They will understand illness in terms of simple symptoms, like a cough or runny nose but find it difficult to understand that the symptoms of illness can be different, for example, that some coughs are okay and others can be serious.• They will be starting to understand that you can catch some illnesses and behaviours such as washing your hands can help to keep you healthy.• They can be confused and think you can catch all illnesses and that behaviours such as washing your hands stop you getting ill. |
| 7-12 years | <ul style="list-style-type: none">• They have an understanding that illness can be lots of different symptoms, and that lots of things go on inside their body which they can't see.• They understand that medicines and following doctor's advice can help them get better but still need a lot of help and prompting to follow advice.• They are more able to understand concepts of time and permanence, and will understand that death happens to everyone and is permanent. |
| 13 years and above | <ul style="list-style-type: none">• Teenagers can understand the different causes of illness, that illnesses can be very different and can understand the role of stress and worry on the body. |
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- They can understand a lot of information about illness, and what their friends are doing and saying may impact on how they behave.
 - They are likely to look at their own sources of information and parents become less defining in how they think about information and how they behave.
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British Psychological Society (2020). Talking to Children about Illness.

SUPPORTING YOURSELF

In order to be of help to your child, you need to be mindful of your own well-being and must first take care of yourself.



- Remember that you cannot carry the child's grief for him or her, but you can help or support the child to express his or her grief.
- Be careful not to take on too much at the same time. Make time for yourself by doing activities you enjoy, make a meal.
- Have someone you can share the responsibility with, or someone you can seek advice from (family, friends).

- If you feel like crying, don't prevent yourself from doing so. This is a normal way to release your feelings and is not a sign of weakness.
- If the intensity of your feelings adversely affects your daily life, do not hesitate to contact your GP and/or Bereavement services.

ADDITIONAL CONSIDERATIONS WHEN SOMEONE A CHILD KNOWS IS SERIOUSLY ILL OR HAS DIED FROM COVID-19

Communicating that a person is seriously ill or has died can be challenging at any time, it is likely that COVID-19 will make this even more difficult. Below are some factors that might affect how children think or feel.

Unpredictability: it is not only the elderly that can die

Suddenness: there may be little time to adjust to rapid changes

Distance: Children may not be able to have contact with those that are unwell

Support: fewer distractions to focus on something else

Fear/Anxiety: That they too may become ill or die

Separation: Children will be apart from those that might support them (friends, family, teachers)

Anger: Towards those they feel have contributed to a death

Constant reminders: News/media outlets, family members discussing COVID-19

Absence of rituals: Unable to attend funerals, less chance to 'say goodbye'

Some of these factors can make it more complicated to talk about. For example, it will be harder to explain why their special person died, (when perhaps someone else with similar symptoms didn't) as there is much still unknown about how the virus works. It may also feel harder to assure your child that other people they know won't die yet.

LOSS ASSOCIATED WITH COVID-19

Not only are there the tragic losses of life and loved ones for children and young people to deal with, but there is also dealing with the loss of aspects of their life prior to the school closures and social distancing measures.

Loss of friendships and social contact:

Social distancing and school closures means that children and young people cannot meet with friends and family, missing out on the face to face contact. Older children and young people may be able to use social media to communicate with their friends, however younger children will likely need support from adults to get in touch with their friends through letter writing or digital / video calls (e.g. Zoom, WhatsApp video, Houseparty) etc.

"I don't know what to do... I can't meet up with my friends because of the Coronavirus...I have nothing to do at home and I feel trapped"

Teenage Girl who contacted ChildLine

Loss of routines:

Children and Young People require a routine for example, getting up at 7am to go to school for 8.30am to 3pm, meeting friends and family, having tea, going to bed. This gives them a structure and framework that they can rely on, giving them feelings of safety and comfort. It is important to try to maintain as much structure and routine as possible, such as, fixed mealtimes, playtimes etc. Making a weekly schedule so that they can see what is coming next can help to provide a sense of comfort.

Loss of significant school events:

Events that children and young people will have been preparing for and looking forward to will have suddenly been cancelled – SATS, GCSEs A levels, school proms and leavers parties/assemblies. These are events that children value and may contribute to their statue and self-esteem. Missing out on them will give students feelings of disappointment and missing out on key life events.

As a result of these losses, children and young people will be dealing with many new feelings. They may have many questions about why their life is restricted, why schools are closed, why they cannot do the things they usually do such as go to birthday parties, meet their friends and grandparents.

Answering their questions and managing their feelings of loss can be challenging. It is important to remind them that it is OK to have feelings. They may need time to talk through their feelings with you and help to regulate their emotions (*see page 8: Supporting Yourself*).



REMEMBRANCE

As a result of the current guidelines, in place around the coronavirus pandemic, our usual ways of supporting each other, for example, through funerals, memorial services, meeting up in special places or other shared events or through simply offering comfort through a hug have had to change.

Those who have a loved one die in this period probably won't have the chance to make the choices they normally could and may have to say goodbye in a different way. Different cultures and faiths have rituals around death and funerals which it may not be possible to observe. If you are worried about this you should connect with a faith leader or your community to support you.

Funerals and memorials

Families may have different beliefs and views about whether their child can or should attend a funeral. It is helpful to ask your child / children whether they want to go to the funeral or not, after explaining what they can expect to happen there. Sometimes children want to go to say goodbye or share their love, however the situation with COVID-19 means that some children may not have the option to go to a funeral even if they want to, due to restrictions on who can attend. Your child may feel very upset at not being able to go to the funeral.

"We have spoken to children who chose to attend the funeral of someone important and were glad they did. We have spoken to children who chose not to attend and had no regrets. We have never spoken to a child who attended a funeral and wished they hadn't... but we have spoken to so very many who did not attend and deeply regret it."
(From Winston's Wish)

Saying Goodbye:

For those children and young people who can't attend a funeral or say goodbye in the way that they would wish to during the current pandemic it may be helpful for them to remember the person who has died in other ways.

Some ideas are:



Getting children to contribute to a funeral with drawings, letters, music, poetry or choosing the flowers.



Writing a message to be read out at the funeral.



Hold a service at home on the day of the funeral.



Helping to plan a memorial event for the future.



Sending pictures, messages or film clips to share within extended family or close friends.



Taking part in an event at home such as sharing memories of the person, lighting a candle.



Choose an important object to be placed next to their loved one at the funeral.



Somebody who did attend the funeral could describe some of the detail as children tend to ask about these things.

[Winston's Wish](#) offer further support around helping children and young people say goodbye when a funeral isn't possible.

Some more ways of remembering those who have died:

Blow some bubbles and imagine they can carry a message to the person who has died.

Plant some bulbs, flowers, tree, or shrubs in a place that holds special memories (the person's favourite plant or flowers in their favourite colour).

Prepare their favourite meal.

Put something in a memory box or other special place in which to keep things as reminders of the person, for example, photos, shells.

Create a digital memory board of special photos or post them on social media.

Write a letter, poem or a song. A starter could be something like, *'If you came back for just 5 minutes, I'd tell you...'*

Listen to their favourite music.

Ask other people for their memories of the person who died and begin to compile their 'life story'.

Donating to a relevant / favourite charity in memory of a person, or setting up a charity page.

Share memories of the person who died with others; either face to face, through video or phone.

If your child / children are allowed to attend the funeral, and they want to, it is helpful to prepare them by giving them clear information about what will happen at the funeral. Reassure them that it is ok to see other adults upset because this is a normal reaction. Make sure that children know that they can change their mind about going to the funeral and can still say goodbye in other ways.

Supporting children and young people through difficult times:

- **Keep talking** and keep listening to what your child / children are saying about the death of someone close to them. Keep in touch with school staff. Let school staff know what support you might want or need, for example, the sharing of links or other resources offering support, or you may want support to let others know within the wider community.

Remember: it's ok if children do not want to talk about their feelings.

- **Acknowledge** that this is a strange and difficult time, even without the restrictions caused by the virus. Children will be relieved to have their concerns noticed.

- **Keep children informed** (where possible and within their understanding) about what will happen to their loved ones body and how the funeral will take place.
- **Reassure children.** This is a worrying time for children anyway and the combination of bereavement and concern about the effects of the virus may make them particularly anxious. Reassure them that their loved one knew they were loved and cared for. Try to answer questions they may have as honestly and as accurately as you can. Try to be patient and calm. Children may have lots of questions.
- **Try to keep to your daily routines** and do the things you would normally do, for example, having the same bed and meal times. Familiar routines and events will provide security.
- **Reach out for support** through family / friends / school staff via video chat etc. Access resources on websites such as Winston's Wish and Child Bereavement UK. These sites have many resources to help parents and carers support grieving children.
- **Look after yourself.** Super parents or super carers don't really exist. Simply doing the best you can at this time is all that your children need. Take time to look after yourself too.

Supporting children weeks and months after a death:

Children and young people will differ in how long it takes them to work through grief and continue with everyday life. It is important to keep this in mind and be aware of any changes to your child / children's behaviour. Some of this behaviour may include:

- being withdrawn
- being more irritable or angry
- having disturbed sleep, for example, bad dreams
- wanting to be with their parents or another trusted adult at all times
- difficulties concentrating
- being easily upset and an unwillingness to go to school.

All of these are normal reactions to a distressing event.

Grief never completely leaves us and there will be times, even years later, when emotions may resurface. Children may find anniversaries and other key dates difficult. It is normal for the process of grieving to take some time, but if, over time you are concerned your child / children are still experiencing intense emotions and have difficulty getting on with normal life you could contact the organisations listed below for advice and support or talk to your GP or school staff.

Within Wakefield the following organisations have support for children, young people and families who have experienced a bereavement:

[Star bereavement](#) offers a range of bereavement support services to children, young people and families in Wakefield.

[Wf-i-can](#) is a new online resource for children and young people in Wakefield with separate pages and information depending on the age of a child.

[Continuing bonds](#) alternative ways to remember family or friends during COVID 19. An interactive document providing advice on how to address the loss of friends and/or family during the current pandemic, as well as suggestions and examples of ways to memorialize those we have lost.

BEREAVEMENT IN THE DIGITAL AGE

It can be easy for parents/carers to think of learning about and experiencing bereavement through digital media as problematic. We may underestimate the benefits for 'digital natives' who have positive experiences of social media. Understanding the helpful and problematic aspects of bereavement, in the digital age can, help us support young people. This may be more significant in the context of the social distancing and covid-19.

Helpful	Problematic
<ul style="list-style-type: none"> • Opportunity to search out, locate and contact the person in the digital world from any place and at any time. Searching and calling out for the deceased is often seen as a natural part of the grieving process. • Ease of connection and communication with other mourners who knew the deceased. • Ease of accessibility of digital memorials making it easier to move between periods of grief and re-engaging with everyday life. • Sense of continuation from the digital presence of the person. 	<ul style="list-style-type: none"> • Negative reactions to finding out about the death; not being able to manage overwhelming feelings when physically on your own. • People taking on the role of 'chief mourners' online and excluding others, sometimes including the person's family. • Loss of social media profiles. Some people experience additional trauma when digital content is removed or through the anxiety that it might be removed. • 'Trolling' – negative comments either about the deceased or the way people are grieving.

Supporting Children & Young People:

- Be aware of your own pre-digital assumptions and consider the 'norm' for young people
- Be aware of how someone found out about the death and whether they had helpful support immediately available to them either in person or online.
- Consider how helpful online support may be to the young person especially when adults in the house are working and face to face contact with others is limited.
- Be aware of how helpful 'in-memory-of' pages can be but also how they can marginalise or exclude some mourners.
- Be sensitive to the needs of young people who are excluded from the community of online mourners because of their lack of access to digital media.
- Be sensitive and empathetic to fears of losing a friend or loved one again if a digital profile is removed by the family.

- Respect the person's wishes to grieve digitally but encourage additional social support through spending time with others or doing other things.

Further information can be found online relating to Elaine Kasket's work regarding the 'digital legacy':

<https://thepsychologist.bps.org.uk/volume-32/june-2019/anatomy-online-grief>

<https://www.mariecurie.org.uk/blog/elaine-kasket-your-digital-legacy/252546>

Using technology to say goodbye:

https://www.youtube.com/watch?v=wfM6Wc5UZSw&feature=emb_rel_pause

INFORMATION, ADVICE & GUIDANCE



STAR
Bereavement
Support Services

<https://www.starwakefield.org.uk/>

Provides a range of bereavement support services to children, young people and families in the Wakefield area.

Current Contact Details (June 2020):

07599 640 714

Mon – Fri 9am – 5pm

Email: claire@starbereavement.co.uk



Giving hope to grieving children

www.winstonswish.org/

Provides support to bereaved children, young people, families, and adults supporting a young person.

- [How to say goodbye when a funeral isn't possible.](#)
- [Supporting bereaved children and young people.](#)
- [Talking to children when someone is seriously ill with coronavirus.](#)
- [Telling a child someone has died from coronavirus.](#)
- [Manage grief during self-isolation.](#)

National Helpline: 08088 020 021

Mon – Fri 9am – 5pm

Email: ask@winstonswish.org

Crisis Messenger service: available 24/7 for urgent support **Text WW to 85258.**



<https://www.cruse.org.uk/>

Factsheets available include:

- [Easy read factsheets](#)
- [Coronavirus: children and young people](#)
- [Loss from a child's perspective](#)
- [Children and young people's emotional responses](#)
- [Children and young people's physical responses](#)
- [Children's understanding of death](#)
- [Teenagers understanding of death](#)
- [Children, young people and funerals](#)
- [How to help a child or young person](#)
- [What to say to someone who is bereaved](#)

[Local Cruse services available](#)

Offer support, advice and information to children, young people and adults when someone dies.

National Helpline:

0808 808 1677

Mon – Fri 9:30am – 5pm
(excluding bank hols)

Extended hours: Tues, Wed & Thurs. open until 8pm



Childhood
Bereavement
Network

<https://www.childbereavementuk.org/>

A hub for those working with bereaved children, young people and families across the U.K.

- [Staying connected when someone is seriously ill](#)
- [Cards for children and young people with suggestions of how friends, family, school staff could help to support them.](#)
- [Supportive words and emoji's from children who know how bereavement feels.](#)

Find Local Support: services providing support for bereaved children near you



<https://www.childbereavementuk.org/>

Help for children and young people (up to 25), parents and families.

The website contains guidance films and information to support families in supporting children during the COVID 19 pandemic.

- [Coronavirus supporting bereaved children](#)
- [When you can't visit someone who is ill](#)
- [Holding a funeral or ceremony when you can't meet – ideas for families](#)
- [Coronavirus – services, events, information](#)
- [Supporting children through difficult times](#)

[Short Guidance Films](#)

Call: 0800 02 888 40 Mon – Fri 9am – 5pm

Email: support@childbereavementuk.org

Live Chat:

<https://www.childbereavementuk.org/>

**grief
encounter**

supporting bereaved children & young people

www.griefencounter.co.uk

Provides support to children and families who have been bereaved.

Coronavirus resources includes:

- [Coronavirus: Supporting bereaved children and young people](#)
- [Telling children and young people someone has died from coronavirus](#)
- [How to say goodbye when attending a funeral isn't possible](#)

Call: 0808 802 0111

Mon – Fri 9am-9pm

Web Chat: <https://www.griefencounter.org.uk/>

Email: grieffalk@griefencounter.org.uk

SAMARITANS

<https://www.samaritans.org/>

Whatever you're going through, a Samaritan will face it with you. Available 24 hours a day, 365 days a year.

- [If you're worried about your mental health during the Coronavirus outbreak](#)
- [Practical Ways to help yourself cope](#)
- [If you're worried about someone else](#)

Call: 116 223 – available 24 hours

Email: jo@samaritans.org

[Finding a local branch](#)



<https://youngminds.org.uk/about-us/>

The UK's leading charity fighting for children and young people's mental health.

- [For adults to support grief and loss.](#)
- [Talking with a child about death or loss.](#)

Call the Parent Helpline: 0808 802 5544
Mon – Fri 9:30am – 4pm



<http://www.wakefield.gov.uk/health-care-and-advice/public-health/mental-health-wellbeing>

Mental Health and Wellbeing Support including:

- [Supporting a child or young person with stress, depression or suicidal thoughts](#)

Penhaligon's Friends

A Cornish charity supporting bereaved children, young people, parents and carers.



<https://www.penhaligonsfriends.org.uk/>

- [For Parents and Carers](#)
- [Supporting children with death and bereavement during the COVID 19 situation](#)

Contact on: 01209 210624 or 01209 215889

Online:
<https://www.penhaligonsfriends.org.uk/get-in-touch/>

Email: enquiries@penhaligonsfriends.org.uk



Available from the British Psychological Society:

- [Supporting yourself and others](#)
- [Talking to children about illness](#)

Further coronavirus resources are available here:

<https://www.bps.org.uk/coronavirus-resources/public>

Resources for Bereaved Children who have Special Educational Needs and Disabilities (SEND)



[Supporting children with special educational needs and disabilities](#)

[Do children with SEND understand death?](#)

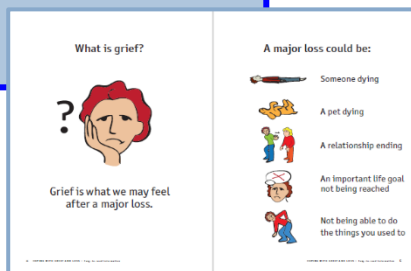


[HAND-IN-HAND Supporting children and young people who have a learning difficulty through the experience of bereavement booklet](#) – while aimed at school professionals there are some useful resources.



[Supporting people with disabilities coping with grief and loss – an easy to read booklet](#)

- [Bereavement resources from the National Autistic Society](#)
- [Video link from Child Bereavement UK: Supporting a bereaved child with autism spectrum](#)



[Dealing with a bereavement - mencap](#)

[Guidelines that can be used by practitioners, families and carers to ease the process of breaking bad news to people with learning difficulties](#)

[Supporting young people and adults through times of change – Down's Syndrome Association](#)

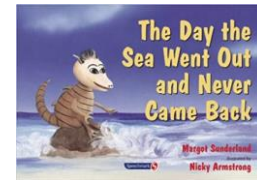
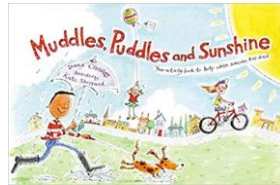
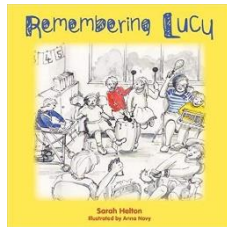
[Supporting someone with a Learning Disability through grief – from Funeral Guide](#)



[Free picture stories and illustrated guides to support people with learning disabilities and autism through the coronavirus pandemic.](#)



Books written for children to help them cope with grief



- **'Something Bad Happened: A Kid's Guide to Coping with events in the News'** by Dawn Huebner. How to process different world events (ages 6-12).
- **'The Day the Sea Went Out and Never Came Back'** by Margot Sunderland. A story for children who have lost someone they love (ages 4-12).
- **'Draw on Your Emotions'** by Margot Sunderland. A resource to help people express and communication their emotions.
- **'What To Do When You're Scared & Worried: A Guide for Kids'** by James Crist. A help guide to processing fears and worries (ages 9-13).
- **'The Way I Feel'** by Janan Cain. Explores feelings and a helpful way to talk about emotions with young children.
- **'A Terrible Thing Happened'** by Margaret Holmes. A story for children who have witnessed violence or trauma (ages 4-8).
- **'Missing Mummy'** by Rebecca Cobb. Covers some of the worries and fears a young child may have after a death (ages under 5).
- **'When Dinosaurs Die: A guide to understanding death'** by Laurie Brown & Marc Brown. Helps primary aged children understand what death means and how best to cope with their feelings.
- **'Michael Rosen's Sad Book'** by Michael Rosen. A personal story. The author describes feeling sad after the death of his son (ages
- **'Remembering Lucy: A story about loss and grief in school'** by Sarah Helton. The story will help those children with SEND understand feelings caused by death and loss (age 3+).
- **'A Teenage Guide to Coping When Someone Dies'** by Child Bereavement UK. Practical advice and guidance for a young person managing confusing emotions when someone important in their life dies.
- [Books and resources by age available at Winston's Wish](#)
- [Books and resources for bereaved children and young people, including those with special educational needs](#) – Child Bereavement UK

Advice and Support for Children and Young People

An online resource for children and young people in Wakefield.

Advice and support for children and young people under 13 & those over 13

<https://wf-i-can.co.uk/>



Crisis under 13:

<https://wf-i-can.co.uk/u13/in-crisis/>

Live Chat under 13

Crisis over 13:

<https://wf-i-can.co.uk/o13/crisis/>

Live chat over 13



<https://youngminds.org.uk/about-us/>

The UK's leading charity fighting for children and young people's mental health.

- [Grief and Loss for young people: What is grief, working through your grief, where to get support?](#)

For young people: available 24/7 if you need urgent help

Text YM to 85258



<https://www.hopeagain.org.uk/>

A feature of this site is a message board where young people can share their experiences and receive replies from trained young supporters.

Information and support includes:

- [Personal stories](#)
- [Advice when someone dies](#)
- [Video Stories](#)
- [Families Stories](#)
- [Advice for Parents / Guardians](#)

National Helpline: 0808 808 1677

Mon – Fri 9:30am – 5pm

Email: hopeagain@cruse.org.uk

THE MIX

<https://www.themix.org.uk/>

Support service for young people under 25.

Help young people take on any challenge they're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs

Call: 0808 808 4994

7 days a week from 4pm – 11pm

1-2-1 chat

Speak to a member of the team

Discussion Boards Available

Email: <https://www.themix.org.uk/get-support/speak-to-our-team/email-us>

#HELP2MAKESENSE

<https://help2makesense.org/>

Offers information and support to young people



Stories, Videos, Podcasts for young people.

childline

ONLINE, ON THE PHONE, ANYTIME

Support for children and young people

<https://www.childline.org.uk/>

Current Contact Details: these changed on 20th March 2020 during the pandemic (no longer daily, 24 hours).

Call daily 9am to midnight 0800 1111

Online: 1-2-1 chat - chat with a counsellor online about whatever's worrying you
9am – 10:30pm

Message Board Available - share your experiences, have fun and get support from other young people in similar situations.

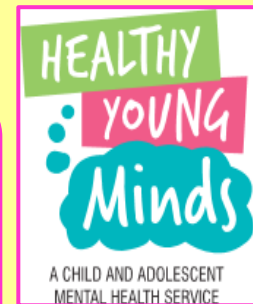
Ask Sam – something on your mind? Or need some support?

kooth

<https://www.kooth.com/>

Free, safe and anonymous online support for 11 to 24 year olds. Mon – Fri from 12pm to 10pm.

Information for young people, parents / carers and professionals



<https://healthyyoungmindspennine.nhs.uk/>

wakefieldcouncil

<http://www.wakefield.gov.uk/health-care-and-advice/public-health/mental-health-wellbeing>

Mental Health and Wellbeing Support:

- [A young person's guide to managing difficult feelings](#)

References & Resources

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British Psychological Society (2020). Supporting yourself and others: Coping with death and grief during the COvid-19 pandemic.

Dyregrov. E. (2008) Grief in Children; A Handbook for Adults, second edition, London and Philadelphia: Jessica Kingsley Publishers

Hull City Psychological Service (2020). Critical Incident Resource Pack: Covid-19 Issue.

Kasket, E. "All the Ghosts in the Machine: Illusions of Immortality in the Digital Age"

Mind.org.uk

Northamptonshire Educational Psychology Service (2020). Educational Psychology Services COVID19 Support, Bereavement Support for Children and Young People: A Guide for School Staff.