



# TOWN LANE INFANT SCHOOL



## Grief

### What is grief?

Grief is an overwhelming feeling of sadness as the result of a loss – this can be the loss of a family member or a pet. Grief can result in children feeling worried, scared, confused, sad or angry. These emotions can come and go and may be difficult if a whole family are grieving at the same time.

Encourage your child to discuss their feelings. Children can find this tricky and may express their feelings through behaviour. Reassure them that their feelings are normal and can come and go. Ask them to draw how they are feeling, write a diary, make a memory box, write a letter to the person they have lost or paint a pebble to remember them by.

Give your child your full attention when listening to what they have to say. It is important to use words such as “dead” and “died” rather than “passed away” or “gone” as this can lead to confusion. Children below the age of 6 don’t always understand the permanence of death and may wonder when they are coming back. It is important to be honest without distressing the child too much.

Children can be resilient and may appear to be ok at times but not at others. Keeping daily routines normal can help, such as going to school. Talk to school and inform them of any changes. Ask your child to make a list of people they can trust and talk to. This will help them to feel safe and cared for.

Try to make some time to do fun things with your child such as a movie night, going for a walk or doing some craft to show that you can still have fun and also to distract.

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/children-and-bereavement/>

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

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