

Welcome to



GRIEF INSIGHTS
Week 30 minutes to understanding

www.cruse.org.uk

B *Cruse* Bereavement
Support
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Aims & Learning **OUTCOMES**

- Have an understanding of loss and grief, bereavement models and factors affecting the grieving process in children and young people
 - Have increased knowledge about how different factors can affect grief
- Be aware of the impact of grief on children and young people and how to look after yourself

Statistics

Bereaved Children & Young people



1 in 29 5-16 year olds has been bereaved of a parent or sibling - that's a child in every average class

A parent of children under 18 dies every 22 minutes in the UK; around 23,600 a year. This equates to around 111 children being bereaved of a parent every day

An estimated 1% of children born between 1971 and 2000 experienced maternal bereavement before the age of 16 years in England and Wales

It is estimated that the number of children who lose a father by this age could be around twice as high as the number who lose a mother

Understanding Loss & Grief



Impact of bereavement

Feelings

Shock & Numbness
Sadness & Loneliness
Anger
Helplessness
Relief
Guilt
Anxiety/fear

Physical Sensations

Hollowness in stomach
Tightness in the chest
Tightness in the throat
Breathlessness
Lack of energy
Dry mouth
Oversensitivity to noise



Cognitions

Disbelief
Confusion
Lack of concentration
Sense of presence
Slower to process

Behaviour

Sleep disturbance
Loss of appetite
Absent mindedness
Dreams/nightmares
Sighing/crying
Hyperactivity
Treasuring objects
Avoiding reminders



Impact of bereavement

Inability to recognise and manage strong emotions caused by the death

Adopting adult roles – particularly when a same sex parent has died

Depression and anxiety

Poor concentration – reduced academic ability

Poor coping mechanisms – substance misuse

Apathetic towards life

Self harm and / or suicidal thoughts



How adult grief can impact on *Children & Young People*

Adults masking their emotions – children imitating

Hiding feelings to protect adult

Stepping into adult roles

Attachment problems

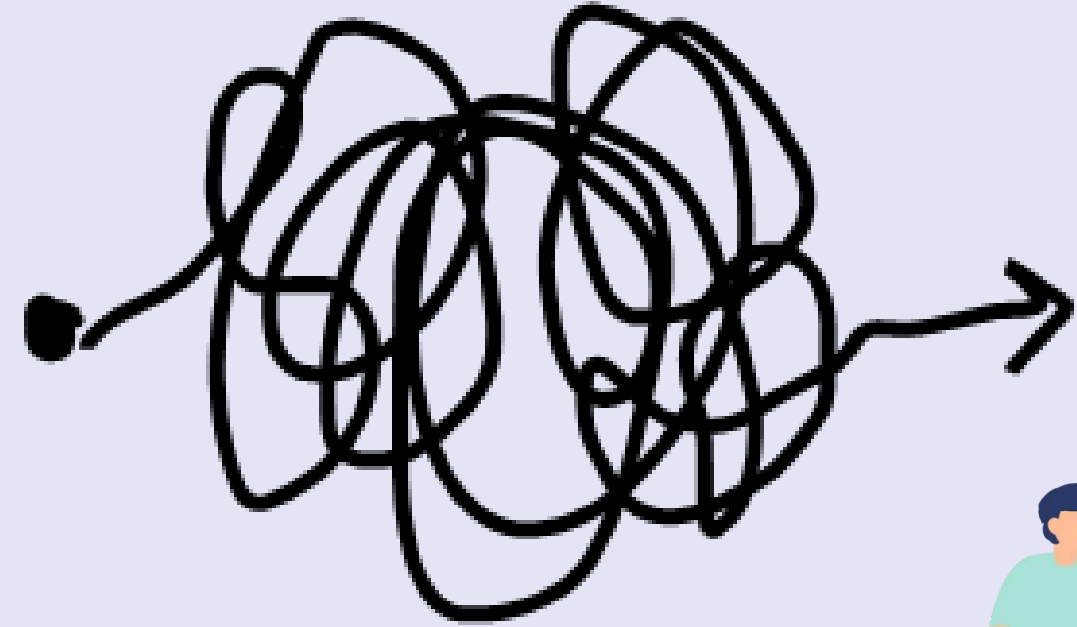
Growing up before their time



How adult grief can impact on *Children & Young People*

How we want grief to be

How grief actually is



Factors affecting how we grieve



Complicated grief & young people

The mode of death
– timely, untimely,
expected,
problematic

The nature of the
relationship with
the deceased

Any anticipatory
grieving or high
pre-death distress

Personality of
bereaved child /
young person

Social factors –
housing, financial
circumstances,
support systems,
schooling



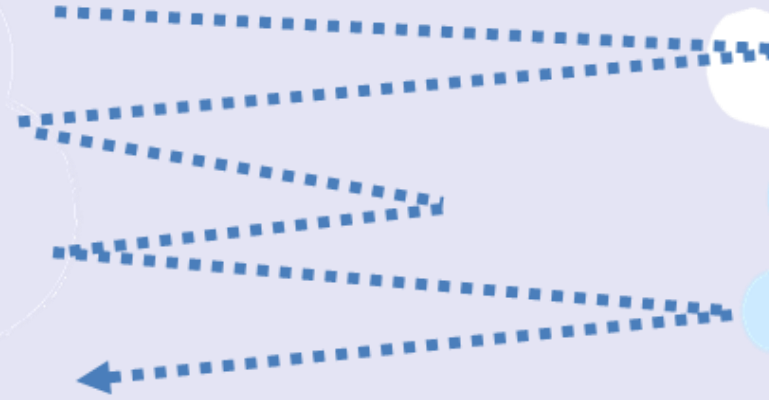
Coping with grief

Loss

Processing what we have lost

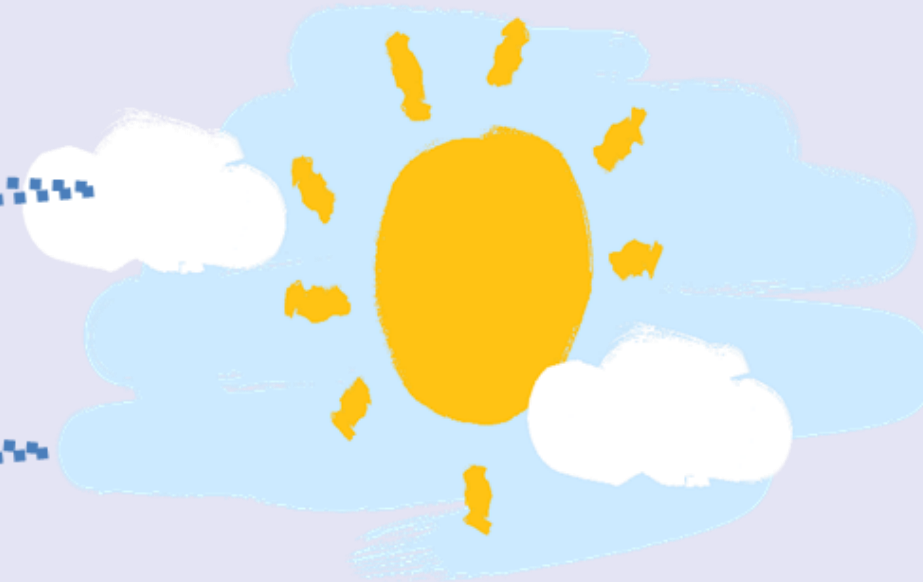


Oscillation



Restoration

Maintain your life and building new future



- Talking and sharing stories
- Taking time to yourself to cry
- Looking at old photos
- Listening to favourite songs and recalling memories...

- Getting up and getting dressed
- Going back to work
- Seeing old friends
- Taking on new tasks /changes
- Sense of identity and purpose

...



Supporting the Young Person

1

Acknowledge the child or young person's grief

2

Be aware that home circumstances may impact the grieving process

3

Maintain a regular routine as much as possible

4

Remember children and young people grieve differently to adults



Supporting the young person



Invite the young person or child to talk about the death



Being aware of triggers/significant dates



Use creative means to aid discussions around feelings



Don't use euphemisms about the death. Use plain, age appropriate, language



Reassure the young person their feelings and thoughts are normal



Understand how other, unrelated, issues may be impacted



Memory Stones

We have ordinary memories, difficult memories and special memories.

Hold a smooth stone, a rough stone and a gemstone to represent different memories and thoughts.

Source: Winston's
Wish



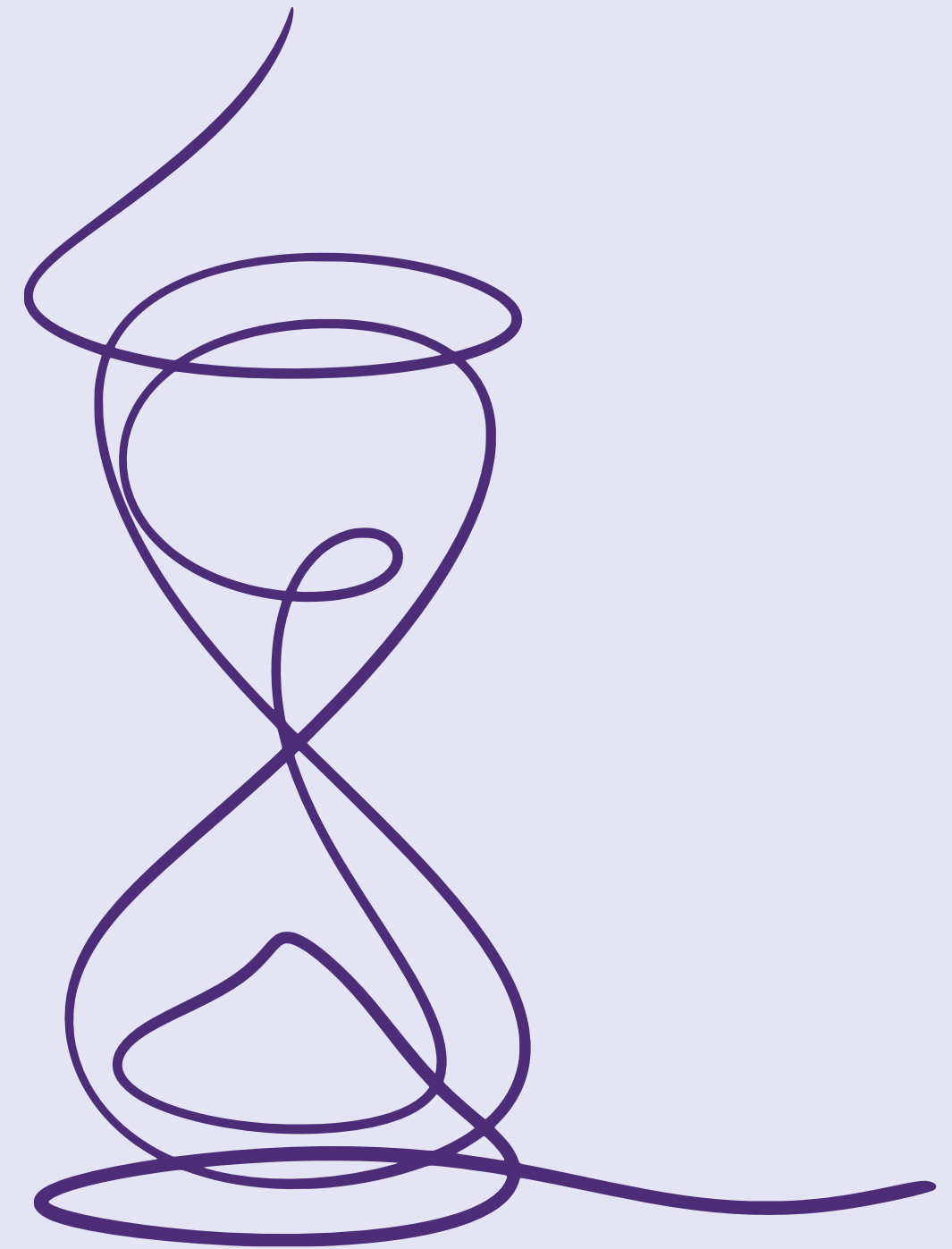
Memory Boxes

- Children and young people need help to hold on to positive memories.
- All sorts of things can be collected that trigger memories of the person who died.
- Gather letters, photos or small objects and add labels that prompt stories attached to the objects.



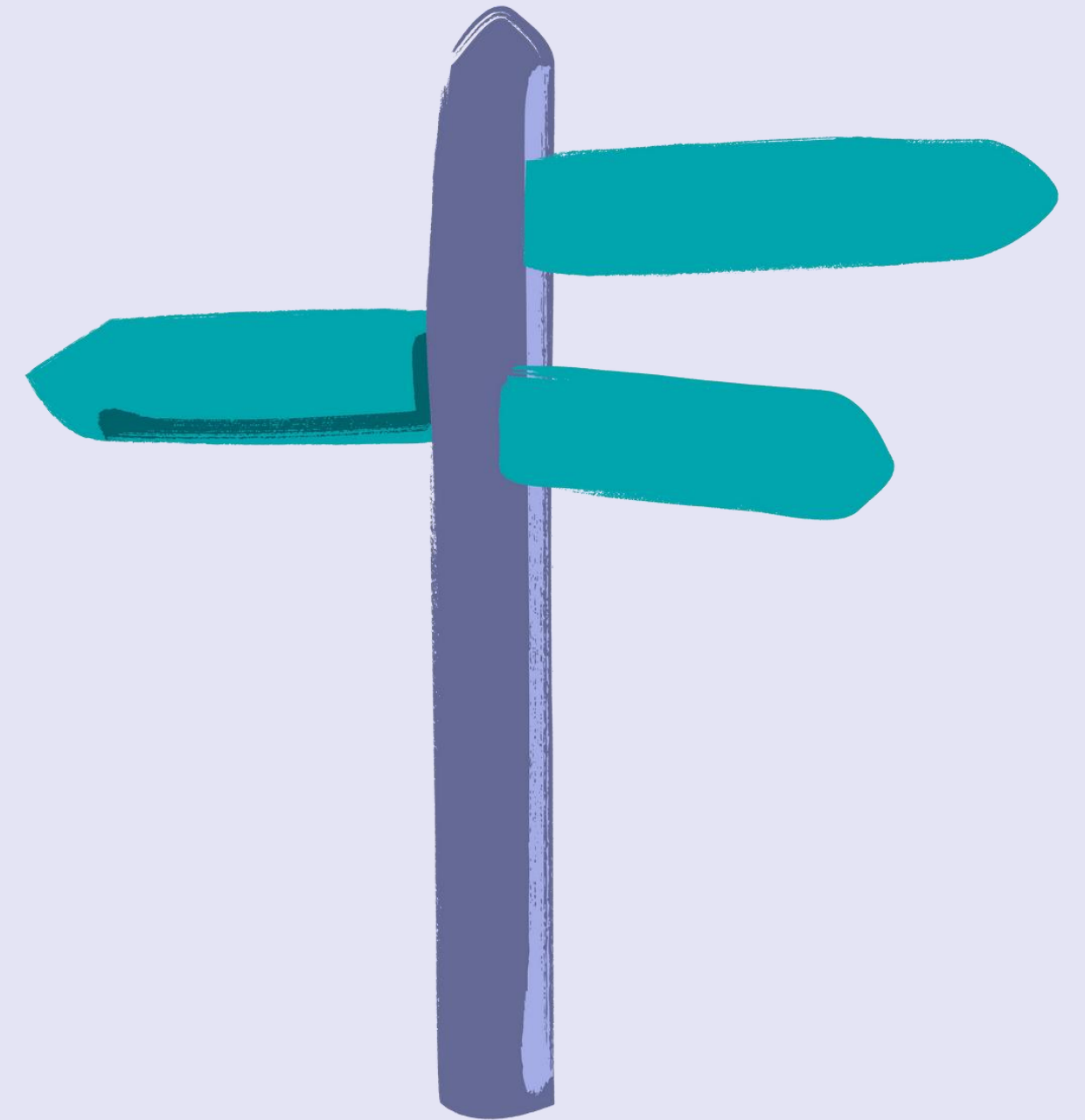
No set timeframe

- Different for everyone
- Usually longer than expected
- Others' lives 'back to normal' but not for those grieving
- Grief can start before death
- Grief can be delayed
- How we grieve will change over time
- Grief never really goes away



Signposting for Children & Young People Bereavement

- Cruse –Hope Again.
- Winston's Wish
- Child Bereavement UK
- Grief Encounter
- Young Minds
- Child-line
- www.thestudentgriefnetwork.co.uk



If you need support

Call our helpline



0808-808-1677

Scan for a list of other organisations who can help too:



Cruse Bereavement Support



Individual Training Dates

Supporting Children , Young People & Families

- Friday 8th Dec – 10:15 to 12:45
- Friday 12th Jan – 10:15 – 12:45
- Wednesday 7th Feb – 14:15 to 16:45
- Tuesday 5th March 10:15 to 12:45



Cruse
Bereavement
Support

We hope you found this seminar useful

Your support can make a profound difference.

Please consider contributing to our **Life Changers Appeal**. Your donation helps us continue our vital work, ensuring that no one faces grief alone.

Every contribution, large or small, enables Cruse Bereavement Support to provide essential services to those coping with loss.

Thank you

Cruse Bereavement
Support



Scan
to
Give



TRAINING

For more information about our training and consultancy products & services please visit our website www.cruse.org.uk/workplace or contact us via training@cruse.org.uk

Cruse Bereavement Support



Working with Children &
Young People following a
Bereavement



Grief First Aid



Supporting those bereaved
by Suicide

You're not alone

Cruse Bereavement
Support