BRAKE

21st June 2018

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Child Bereavement UK
REBUILDING LIVES TOGETHER
Press Release: Bereaved young people give Rio Ferdinand tips on 'Being Mum and Dad'.

Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when the loss comes later.

Find support near you

Call our helpline 0800 02 888 40
Why Bereavement Support?

🌟 525,048 deaths in England and Wales in 2016

🌟 Every 22 minutes in the UK a parent of dependent children dies (approx 23,600 a year) leaving about 41,000 bereaved children. 111 newly bereaved children every day.
http://childhoodbereavementnetwork.org.uk/research/key-statistics.aspx
Children and young people

☀️ What do we tell them?

☀️ What do they hear?

☀️ How can we support them?
Few
Specialist support for vulnerable or traumatised

Some
1:1, family/peer/group support

(Most) All
A supportive response from existing networks

Good provision for children and young people and their parents/carers
The Dual Process Model of Coping with Bereavement


**Loss-oriented**
- Grief work
- Intrusion of grief
- Breaking bonds/ties
- Denial/avoidance of restoration changes

**Restoration-oriented**
- Attending to life changes
- Doing new things
- Distraction from grief
- Denial/avoidance of grief
- New roles/identity/relationship

Death Studies 23, 197-224
Lower Primary School

🌞 Egocentric – “magical thinking”
🌞 Causality
🌞 Struggle with concept of finality
🌞 Evolving understanding – death of pets, insects, leaves…

🌞 Permission and honesty!
Evolving concept of finality, permanence and universality of death

Nevertheless, unsettling and unnerving stage to encounter death in family or peers

Permission and honesty
Puberty and Adolescence

- Transitional stage – almost always complicates grief process
- Meaning of life/existentialism
- Personal/social losses
- Friendship changes

- Permission and honesty
Supportive resources

- Groups……
- Books
- Activities
- Curriculum

Signposting……
Death in the Curriculum

.permission and honesty….allow and encourage questions. Use accurate vocabulary

Not just PSHE…. Death could be discussed across the curriculum whenever the topic arises

English; history; RE; science; ecology; media; current affairs........
Continuing Bonds

Worden: ‘The widely accepted notion that the bereaved have to ‘let go’ of the deceased confuses our understanding of the mourning process.’