Bereavement and Loss

Children with Special Educational Needs

Rainbows
GUIDING CHILDREN & YOUNG PEOPLE THROUGH LIFE’S STORMS
Our Mission

ALL people to receive the help and support they need having experienced a significant loss in their lives
Sudden death ……

Grief is a universal emotion and applies to all human beings regardless of their abilities or disabilities

It is difficult to predict anyone’s reaction to a sudden death

Children with special/additional needs are no different

Each person’s reaction will be unique to them
ALL children need to:

❖ Have their questions answered
❖ Be listened to
❖ Be given appropriate information
❖ Be in a safe situation
❖ Have people that they trust
Children with Additional Needs:

❖ All the previous points plus particular attention to their individual needs and understanding

❖ Clear language - ‘gone to sleep’

❖ Developmentally appropriate involvement - not age

❖ Explanation of death words – funeral, dead, coffin

❖ Pen portrait of child – what will help and what will hinder understanding
❖ Be prepared to repeat an explanation until it is processed and understood

❖ Routines help all children feel safe

❖ Practical arrangements – will there be a change in living arrangements, who will cook tea

❖ Their emotions maybe difficult for them to understand
❖ Need to know that it is ok to be happy

❖ Acceptance of unfamiliar displays of grief

❖ Help to express their grief – visual support where necessary

❖ Help to understand that death is not like on TV or computer games
Support over time: *bereavement is a journey*....

- Schools, agencies and social settings accessing training in bereavement and loss
- Being prepared for ‘When Somebody Dies’
- Having support programmes in place, ‘SunRise’ one of the Rainbows programmes
- Grief has no time scale; anniversaries, special days may always be difficult
What is SunRise?

- One of the Rainbows Bereavement Support GB programmes
- A structured 13 week programme
- Supports people with learning difficulties
- Trialled and used in a range of settings
- Uses the skills and knowledge of those already supporting the participants
Further Information

Rainbows Bereavement Support Great Britain
(Charity No 10584760

Bereavement Training
Peer Support
‘When Somebody Dies’ CD
SunRise
sue.rainbowsgb@btconnect.com
www.rainbowsgb.org
Mobile: 077253440623