



Supporting Children with Bereavement

At Hyde Park Schools, we want to offer support to all of our children as best we can during significant life events. Members of the Pastoral Team have attended training sessions about supporting children who have experienced bereavement and can offer provision in school for families who request it. In the event of a family bereavement, it is always helpful if school staff can be made aware of this, even if you are not intending to access school support, to ensure staff can be mindful of your child's needs and emotional well-being during this time.

For those families who are not ready to access this support, we would like to share some advice and resources with you. When speaking to children about bereavement, it is important to be honest, factual, and to only give them the information they need.

- News of a bereavement should be communicated to a child by a trusted adult.
- Use simple language and be honest.
- Allow them to ask questions and give age-appropriate answers.
- Offer reassurance.
- Listen to their feelings, memories, and worries.

Child Bereavement UK have produced a video giving advice about supporting bereaved children: [Child Bereavement UK- YouTube](#). This video is supported by free information sheets.

It is important to remember that children often experience a "puddle of grief" which they will jump in and out of, sometimes being very upset and seeming completely fine at other times.

You can also find information about supporting children through bereavement at:

- Winston's Wish- [Winston's Wish - Bereavement Support for Children](#)
- Young Minds- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

Please do contact the school if you would like help or advice in supporting any aspect of your child's well-being at home.

