

# Supporting Children and Young People



Phyllis<sup>®</sup>  
Tuckwell  
Hospice Care  
...because every  
day is precious



*How we can help both before and after bereavement,  
during the Coronavirus pandemic*

# We're Here to Help

**At Phyllis Tuckwell, as well as caring for our patients, we also support their families, including children aged 5-11 years and young people (YP) aged 12-18.**

Our usual service includes group work and/or 1:1 counselling support for children and YP, but this has been affected by the Coronavirus restrictions. We are currently reviewing the support we are able to offer, and more information will continue to be made available on our website, at [www.pth.org.uk](http://www.pth.org.uk).

During these uncertain times, when Coronavirus fears add another worrying element to a loved one's illness, and while our face-to-face and group counselling has been suspended, we have compiled this booklet to help support you, and the children and YP in your family. We hope that it may help you to understand the thoughts and feelings that these children and YP may be experiencing, and give you some tips for how to help them at this difficult time. It also includes references to books and websites which may prove a helpful additional resource for you at this time.

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# Illness and Bereavement in the Coronavirus world



**When a loved one is sick or has died, children and YP can worry about their own health and that of those they love. They can feel that the world is an unsafe place, and may become anxious and fearful. These feelings are normal, but may be heightened at the moment because of the current Coronavirus situation, and the changes that it has made to their lives.**

Social distancing measures mean that children and YP may not have been able to spend time with a loved one who is ill and, if that person has died, may not have been able to attend their funeral or come together with other relatives to grieve. Extended family members and friends often play a significant part in supporting children and YP during periods of loss, and this too may not have been possible due to Coronavirus restrictions. The adults around them will also be feeling the effects of Coronavirus on their own lives, this may affect their own ability to cope and grieve.

Because of the restrictions, children and YP have had an extended period of time out of school, reducing their contact with educational professionals who might ordinarily offer them pastoral care and support. They are also physically distanced from their peer groups and will have experienced changes to their familiar daily routine, a routine which would usually help them during challenging times, by providing structure and focus.

Ordinarily, coping mechanisms may have included the distraction found in hobbies and routines, socialising with peers, attending sports clubs, or spending quality time with family members, making special memories. However, all of these activities have been impacted by Coronavirus, and many have not been possible. We therefore hope that this booklet may begin to counteract this impact, and help you to support the child or YP in your family.

# Children

5 - 11 year olds



## 10 top tips for talking to children about death, illness and dying

1

**Include the child and share information with them.** They often know something is wrong, and may worry or make incorrect assumptions.

2

**Use clear simple language.** Avoiding ambiguous phrases for death, such as 'gone to sleep'. It's important to avoid misunderstandings and the fears that may arise from this, and to explain that death is final and that a dead person cannot feel or think anymore.

3

**Encourage discussion.** Use open questions (such as: who, where, when, how) and phrases such as 'tell me more' and 'what do you think?' to prompt more than a yes/no response. Through an open discussion, the child may reveal information that you wouldn't think to ask.

4

**Start by asking the child to tell you what they already know and understand.** This will tell you where you need to start from when offering them support.

5

**Be open and honest.** If a child asks a question, the general rule of thumb is that they are ready for the answer. Be open and honest, using age-appropriate language.

6

**Make the child feel comfortable.** Get down to their level, but minimise direct eye contact. Children feel more relaxed if you sit alongside them or play a simple game as a distraction whilst talking.

7

**Check they understand.** Children may ‘parrot’ information they have heard. Check they understand new/ medical vocabulary by asking them to explain it, and allow them time to process what they have heard. Children understand and retain information better if it’s presented in short, frequent bursts rather than one long session.

8

**Name and label emotions to help children express their feelings.** Modelling this as adults demonstrates that it’s ok to have these feelings, e.g. ‘I am feeling sad and angry today because...’

9

**Make the child feel involved.** Informing them about what is likely to happen next, as appropriate, provides security and a sense of control.

10

**Typically children ‘puddle jump’ in and out of emotions.** It may appear they don’t care or understand, but it’s normal behaviour and it helps protect them psychologically.

# Frequently Asked Questions

**These are some of the questions that adults ask most frequently about how to support a child through bereavement.**

## How much will my child understand about death and dying?

Under the age of about six, children may not understand that death is permanent. They may ask repetitive questions and need information to be repeated. They may seem blank or confused in the moment, and may show their distress through tears or behaviour later.

Children tend to cope with difficult emotions by moving in and out of them, often quickly and with no clear triggers. This is known as 'puddle jumping' - they jump in and out of 'puddles' of differing emotions. They may be tearful, then angry, then laughing, all in rapid succession. This is a normal defence mechanism; it doesn't mean that they don't understand or care. It can help to follow their lead and mirror their emotions.

Children tend to share more in an informal setting, so sitting alongside them, avoiding direct eye contact and having an activity to engage in, such as travelling in the car, watching the TV or playing a board game, can help. When talking to a child it is important to try and gauge what they already think or believe, as this can help you to find out where to start. Try to use clear, simple language and repeat or summarise the main points. Ask them to repeat the information in their own words, as this helps them to process what they have heard, and enables you to check for any misunderstandings.

## **I am worried about how my child will react to the illness or death of their loved one. What common reactions might I see?**

Every child's response to illness, death and dying will differ, but there are common themes and reactions which you may notice. These are normal, and with love, comfort and support your child will gradually process their grief. Children will pick up on the tension and emotions of those around them. They may become clingy and unsettled, and you may see some regression in behaviour or change in sleep or appetite. They may try extremely hard to please the adults around them, or do the opposite, demanding attention to seek reassuring interaction. In order to protect the adults around them, they may avoid asking about or talking about their loved one, mistakenly believing they are responsible for any tears or emotion then expressed by the adult.

Children can experience a vast array of emotions related to their grief. They may become fearful and anxious that they, or others they love, might also die. They may become risk adverse and frightened of an activity they previously enjoyed, such as riding their bike. They may feel angry, and this can be directed at the person who has died, at themselves or at those around them. It is also common to feel guilty, that they may have somehow caused their loved one to become unwell and die, or to feel that it is wrong to laugh or play at such a sad time. When playing, a child may act out themes of illness, death and dying. This may appear macabre and concerning, but it is normal, as children use play to find meaning and develop understanding.



## How can I help my child cope with the illness or death of a loved one?

It can be helpful to keep to familiar routines as much as possible, as they can be comforting and reassuring for a child when everything else feels uncertain and strange. Try to involve children in any decisions which directly affect them; knowing what is happening can allay their fears and anxieties, and help them to feel that they have a measure of influence over what is happening in their life.

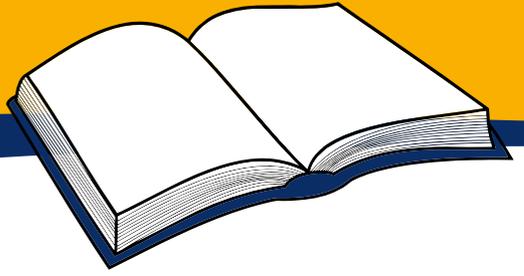
It can help to express your own thoughts and feelings, in an appropriate way, to encourage children to follow your lead and show their own feelings. Sharing in this way will also reassure them that their own confusing thoughts and feelings are normal and valid. If a child is feeling angry, they may not express this verbally but it may be seen in their behaviour. You can help them to externalise this anger by suggesting that they kick and punch items such as a pillow, duvet or beanbag, kick a football against a wall, or stamp on and hit recycling materials with a bat or a stick. Screaming into a pillow or turning up music loud in the home or the car and screaming can also be therapeutic, as can screaming into an open outdoor space. You are aiming to normalise and validate their feelings, and demonstrate safe, healthy ways to express them.

Answer children's questions as openly and honestly as you can; without information they can jump to wrong conclusions. Some questions may be difficult to answer, and in these cases it is okay to say, 'I am not sure about that, can I have a think and come back to you?', which can buy you some time. Agree a time to answer them and make sure you stick to it.

As a general guideline, if a child asks a question then they are old enough to hear the answer. When they do ask a question, try to avoid making assumptions about what they are asking or why, as you may be incorrect. Explore it first by saying something like ‘that’s a very good question, can you tell me what you think first to help me answer it better?’ Try to keep your language clear and simple, and check that they understand the vocabulary you are using, e.g. ‘what do you understand about that word?’ There is further information about this in the first question.



# Book Suggestions



Here are a few suggestions of books that might be useful to read with a bereaved child. They are all appropriate for children who may also have special educational or additional needs.

## Under 5 years

### **Someone I know has died** by Trish Phillips

An innovative activity book with interactive features, written for bereaved children to do by themselves or with adult help. *For pre-school and early years.*

### **Missing Mummy** by Rebecca Cobb

Beautifully illustrated and with moments of wonderful warmth, this is a touching, honest and helpful book about the death of a parent. With minimal text, it covers some of the worries and fears that a young child may have after a death, offering reassurance and hope. *For pre-school and early years.*

### **I Miss You: a First Look at Death** by Pat Thomas

This book helps children understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have. *For pre-school and early years.*

### **When Dinosaurs Die – A guide to understanding death**

by Laurie Krasny Brown and Marc Brown

A comprehensive, sensitive guide for families dealing with the loss of loved ones, 'When Dinosaurs Die' helps primary aged children understand what death means, and how best to cope with their feelings.

*Please note: inclusion in this list does not constitute a recommendation or endorsement by Phyllis Tuckwell Hospice Care, as we are aware that whether a book is helpful or not is subjective and as such is a decision that can only be made by the individual reader.*

**What Does Dead Mean?** by Caroline Jay and Jenni Thomas, OBE

A book for young children to help explain death and dying, based on the many questions that children ask. This book looks at questions such as ‘Why can’t doctors and nurses make people better?’, and offers practical help for children, as well as guidance for parents and carers when a child is bereaved.

**Is Daddy Coming Back in a Minute?** by Elke Barber and Alex Barber

Alex is only three when his father has a heart attack. All on his own, Alex manages to get help, but his beloved Daddy dies at the scene. This book explains sudden death to pre-school children using words and illustrations they will understand.

**What Happened to Daddy’s Body?** by Elke Barber and Alex Barber

Using ideas very young children can understand, this sequel to ‘Is Daddy Coming Back in a Minute?’ sensitively and honestly explains what happens after death. It helps children to understand cremation, burial and scattering the ashes. It reassures children that it is okay to be sad, but it’s also okay to be happy.

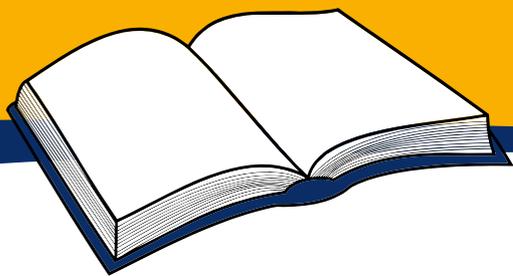
**Suzie Goes to a Funeral** by Charlotte Olson

Join Suzie as she goes to Grandma’s funeral and says goodbye. This simple story is written for children who may be anxious about going to a funeral for the first time, and shows them what they might experience on the day.

5-11 years

**Guess How Much I Love You** by Sam McBratney

When you love someone to the moon and back... Sometimes when you love someone very much, you want to find a way of describing how great your feelings are. But, as Little Nutbrown Hare and Big Nutbrown Hare discover, love is not an easy thing to measure!



## **Waterbugs and Dragonflies: Explaining Death to Young Children**

by Doris Stickney

Written from a Christian perspective, this acclaimed book can be used to help explain the concept of death to young children. The story illustrates that death is inevitable and irreversible, but natural. A version with pictures to colour in whilst telling the story is also available.

## **Badger's Parting Gifts** by Susan Varley

Badger is so old that he knows he will soon die. He tries to prepare his friends for this event, but when he does die, they are still grief-stricken. Gradually they come to terms with their grief by remembering all the practical things Badger taught them, and so Badger lives on in his friends' memories of him.

The new, 35<sup>th</sup> anniversary edition of the book features a reading guide from Child Bereavement UK that provides tips for reading 'Badger's Parting Gifts' with children, and helping them to better understand grief.

## **Always and Forever** by Alan Durant

When Fox dies, the rest of his 'family' are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny Fox used to be, and they realise that Fox is still there in their hearts and memories.

## **Love Will Never Die** by Clare Shaw

Using clear, child-friendly language and large colourful illustrations, this rhyming book addresses the mixed feelings a bereaved child might go through. It offers support and understanding, and includes interactive areas where the child can express themselves through writing and drawing.

### **Saying Goodbye to Hare** by Carol Lee

This is an uplifting story about death and dying, written for children aged 5-9 years. As young Rabbit witnesses the life, illness and death of his dear friend Hare, the story explores some of the emotional and physical feelings, and some of the questions children have at this time. The story is sensitively written to give a positive, thoughtful message about death and dying. It also includes guidance notes for adults supporting a bereaved child.

### **Am I Like My Daddy?** by Marcy Blesy

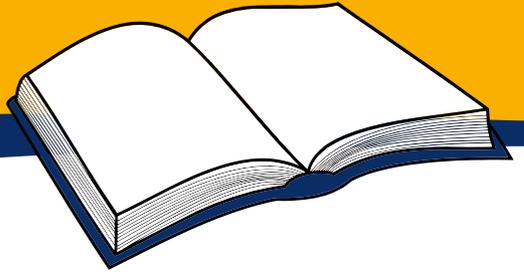
Join seven-year-old Grace on her journey through coping with the loss of her father while learning about the different ways that people grieve the loss of a loved one. In the process of learning about who her father was through the eyes of others, she learns about who she is today because of her father's personality and love.

### **Goodbye Mog** by Judith Kerr

Mog was tired. She was dead tired... Mog thought, 'I want to sleep for ever.' And so she did. But a little bit of her stayed awake to see what would happen next. Mog keeps watch over the upset Thomas family, who miss her terribly, and she wonders how they will ever manage without her. Eventually the family are able to begin moving forward in their lives, but little Debbie says she will always remember Mog. 'So I should hope,' thinks Mog. And she flies up and up and up, right into the sun.

### **The Tenth Good Thing about Barney** by Judith Viorst

A book looking at death from the perspective of a child. Though dealing with the death of a pet, this story helps children deal with the reality of any death, and also discusses why we have funerals. It does not have religious overtones, so it can be used by families of all beliefs.



### **The Lonely Tree** by Nicholas Halliday

This beautiful and moving story follows the first year in the life of a lone evergreen tree, growing in the heart of the ancient oak woodland of the New Forest. The evergreen is befriended by the oldest oak who has lived for hundreds of years. When winter arrives all the oak trees must go to sleep, but of course evergreens never sleep. Finally, after a long, cold and lonely winter, spring brings both sadness and joy to the little tree. *There is also a colouring book that accompanies this story.*

### **Rabbityness** by Jo Empson

This is the story of a very special rabbit. He enjoys doing rabbit things, but he also loves – well, un-rabbit things. His boundless creative talent is a source of joy and inspiration to the other rabbits. When Rabbit suddenly disappears, no one knows where he has gone. His friends are desolate. But, as it turns out, Rabbit left behind some very special gifts for them, to help them discover their own un-rabbit talents!

### **When Someone Very Special Dies: Children Can Learn to Cope with Grief – Workbook** by M. Heegard

This workbook is designed to teach the basic concepts of death, and help children understand and express the many feelings they may have when someone special dies. Communication is increased and coping skills are developed as they illustrate their books with their own personal story.

### **Muddles, Puddles and Sunshine: Your Activity Book to Help When Someone Has Died** by Winston's Wish

Offering practical and sensitive support for bereaved children, this book suggests a helpful series of activities and exercises accompanied by the friendly characters of Bee and Bear. It aims to help children make sense of their experience by reflecting on different aspects of their grief.

### **The Invisible String** by Patricia Karst

This story teaches of the tie that really binds. Mums (and Dads) feel the tug whenever kids give it; and kids feel the tug that comes right back: the Invisible String reaches from heart to heart. Does everybody have an Invisible String? How far does it reach anyway? Whether it is a loved one who has died, or a parent who is just in the next room, this book illustrates a new way to cope with a child's fear of loneliness and separation. Here is warm and delightful lesson teaching young and old that we aren't ever really alone.

### **The Scar** by Charlotte Moundlic

A little boy responds to his mother's death in a genuine, deeply moving story leavened by glimmers of humour and captivating illustrations. When the boy in this story wakes to find that his mother has died, he is overwhelmed with sadness, anger and fear that he will forget her. He shuts all the windows to keep in his mother's familiar smell, and scratches open the cut on his knee to remember her comforting voice. He doesn't know how to speak to his dad anymore, and when Grandma visits and throws open the windows, it's more than the boy can take - until his grandmother shows him another way to feel that his mom's love is near.

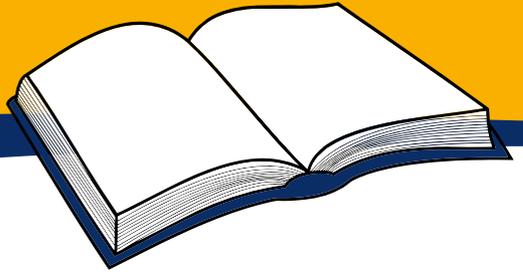
### **Mum's Jumper** by Jayde Perkin

If Mum has gone, how do you carry on? Missing her feels like a dark cloud that follows you around, or like swimming to a shore that never comes any nearer. But memories are like a jumper that you can cuddle and wear. And Mum's jumper might be a way to keep her close.

### **My Grandma Died: A Child's Story about Grief and Loss**

by Lory Britain

A young child talks about the emotions felt after Grandma's death. Includes a list entitled 'Things I can do when someone I love dies'.



### **The Memory Tree** by Britta Teckentrup

Fox has lived a long and happy life in the forest. One day, he lies down in his favourite clearing, takes a deep breath, and falls asleep for ever. Before long, Fox's friends begin to gather in the clearing. One by one, they tell stories of the special moments that they shared with Fox. And, as they share their memories, a tree begins to grow, becoming bigger and stronger, sheltering and protecting all the animals in the forest, just as Fox did when he was alive.

This gentle and comforting tale celebrates life and the memories that are left behind when a loved one dies.

### **The Boy Who Built a Wall Around Himself** by Ali Redford

Boy built a wall to keep himself safe. Behind it he felt strong and more protected. Then Someone Kind came along. She bounced a ball, sang and painted on the other side of the wall, and Boy began to wonder if life on the other side might be better after all. Written for children aged 4 to 9, this gentle full-colour picture book uses a simple metaphor to explain how children who have had painful or traumatic experiences can build barriers between themselves and other people. It will help children explore their feelings and encourage communication.

### **No Matter What** by Debi Gliori

'I'm a grim and grumpy little Small and nobody loves me at all,' said a small fox. But that's not true and Small's mother is determined to prove that her love is limitless - no matter what! With sparkly foil stars and a small, sturdy board format, this is the perfect story to share with the very young. A beautiful, lyrical, loving book about setting big worries to rest.

### **Remembering** by Dianne Leutner and illustrated by Daniel Postgate

This part book, part scrapbook was created to help keep a child's memories alive after the loss of someone special, and to give children a place to return to whenever they wish.

### **Granpa** by John Burningham

Adorable Granpa gamely nurses his granddaughter's dolls, eats her pretend strawberry-flavoured ice cream, takes her tobogganing in the snow, and joins in with her imaginary plans to captain a ship to Africa, like all good grandfathers should. Winner of the Kate Maschler Award, this poignant tale of friendship and loss is one children will long remember.

### **Grandad's Ashes** by Walter Smith

This beautifully illustrated picture book for children aged 4 to 8 tells the story of four children who embark on an adventure to find their Grandad's favourite place, and are faced with plenty of challenges on the way. Told with gentle humour, this is a charming story for children and an ideal resource for parents or professionals to read with a child, as a way of broaching issues surrounding loss or bereavement.

### **Grandad's Bench** by Addy Farmer

This is a beautiful, sensitively told story of love and loss and of a special relationship between grandfather and grandson.

Jake loves playing in Grandad's workshop. One autumn day, Grandad teaches Jake how to chisel his name in a piece of wood, afterwards they go to the park. Grandad shows Jake the tree that grew from an acorn he planted when he was a boy. Jake goes off to buy ice-creams and returns to find Grandad on the ground. An ambulance arrives, and Mum and Jake go home without Grandad. Jake grieves for his grandfather all winter. But Grandad has left him his workshop, and Jake wants to make something special. With Mum's help, he does – a plaque for the bench under Grandad's tree. It is spring, and for the first time in months Jake feels happy.

# Young People

12-18 year olds



## 10 top tips for talking to young people about death, illness and dying

1

### **Include the YP and share information with them.**

They often know something is wrong, and leaving them guessing can lead to them making incorrect assumptions.

2

**Be open and honest.** If they ask a question, it usually means they are ready for the answer. Be open and honest, using clear, simple language and avoiding ambiguous phrases for death, such as 'gone to sleep'.

3

**Encourage discussion.** Use open questions (such as: who, where, when, how) and phrases such as 'tell me more' and 'what do you think?' to prompt more than a yes/no response. Through an open discussion, the YP may reveal information that you wouldn't think to ask.

4

**Validate the YP's views.** Letting them know that you understand their point of view, even if differs from your own, shows you value them. It's very easy, when YP tell us they're worried, to say they 'shouldn't be', or 'not to be silly', but worrying is understandable in uncertain times. Validating their views/feelings helps YP to measure and revise their reactions.

5

**Use self-disclosure.** Parents often assume that they are protecting their YP by not revealing their own personal feelings – but self-disclosure by parents can be a useful barometer for YP, helping them to evaluate their own experience, and showing that it is ok to share.

6

**Go with the digressions.** Digression allows YP to move the conversation away from something that is distressing for them. By changing the topic, they can talk about less troubling issues, and return to the original topic when the conversation has become less intense.

7

**Eye contact.** YP will often avoid eye contact, fidget, play with things etc. As with digression, it allows distraction from the intensity of the conversation. It might be best to ignore it – as telling them to ‘look at me when I’m talking to you’ often turns into an argument that isn’t productive.

8

**Use praise when relevant.** Developmentally, YP are at a stage when they are continually questioning themselves and their achievements. They often naturally use praise when talking to each other - adults can do the same when appropriate. This might be particularly relevant during periods of lockdown, when they are receiving less validation from friends.

9

**Be direct.** YP are much more direct to each other about their likes and dislikes than adults are. It can be very useful in conversation to follow a similar pattern, whilst still having regard for their views.

10

**Matching emotional expressions.** YP tend to be quite dynamic in their conversations with each other. Don’t be over-the-top, as they will see through this, but maybe think about being more energised in conversation, and less flat; mirroring in this way can encourage communication.

# Frequently Asked Questions

**These are some of the questions that adults ask most frequently about how to support a YP through bereavement.**

## **Why does it seem that they are not listening to me when we talk?**

YP will often avoid eye contact, fidget, play with things etc. during discussion. It is not usually meant as a sign of disrespect, but, as with use of digression, can serve to allow respite from the intensity of the conversation.

## **Why don't they answer me straight away?**

Similarly, adults often feel frustrated because YP don't always give an immediate response, but this might be too difficult for them in the moment. One of the factors behind this is that the pre-frontal cortex area of the brain, which helps to moderate decision making, expression and social behaviour, does not finish developing until we are in our mid-20's. Therefore, dealing with intense emotions and working through feelings can be more difficult for YP, and might be a slower process. Often the evidence that the YP has heard you may come over time.

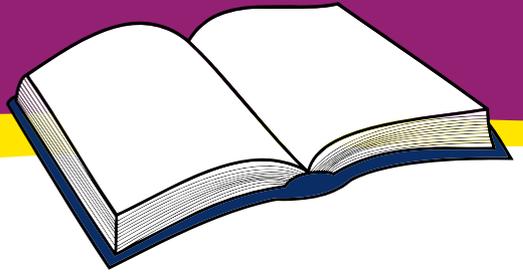
## Why doesn't it make any difference when I tell them not to worry?

It's so easy, when YP tell us that they are worried, to tell them that they 'shouldn't be', or 'not to be silly', but worrying is understandable in uncertain times. Adults tend to worry that validating and recognising the YP's views and feelings could encourage their anxiety, but research shows that letting them know we understand, even if our own views are different, can help YP to feel valued, and can encourage them to revise their own reactions. Validation might be particularly important during lockdown and restricted socialising, when YP have less access to their friends. YP are more ready than adults to use praise when communicating with each other, and it may be that adults have to provide some compensation for this during lockdown.

## If I tell them about some of my worries, won't this increase their anxiety?

There are no hard and fast rules, but it is generally accepted that mutual self-disclosure can be a useful way for YP to share their anxieties, feel understood, and deal with the worries that are troubling them. If parents and carers are reluctant to share any of their personal feelings, the likelihood is that the YP will follow the same pattern. It is also easy to underestimate how perceptive YP can be. This can lead to imagining what is worrying the adults around them, and can lead to incorrect assumptions and consequently greater anxiety.

# Book Suggestions



**Here are a few suggestions of books that might be useful to read with a bereaved YP. They are all appropriate for YP who may also have special educational or additional needs.**

**What on Earth Do You Do When Someone Dies?** by Trevor Romaine & Elizabeth Verdick

This book suggests ways of coping with grief and offers answers to questions such as ‘Why do people have to die?’ and ‘How can I say Goodbye?’ Friendly, accessible text and illustrations aimed at ages 8-14 years.

**Still Here with Me: Teenagers and Children on Losing a Parent** by Suzanne Sjoqvist

This book is a moving and thoughtful anthology of the experiences of thirty children and teenagers who have lost a parent. In their own words, children and young people of a variety of ages talk openly and honestly about losing their mother or father. They describe feelings of pain, loss and anger, the struggle to cope with the embarrassed reactions and silence of others, and the difficulties involved in rebuilding their lives. They also share happy and loving memories of their parents, and talk about the importance of remembering while learning to accept their parent’s deaths.

*Please note: inclusion in this list does not constitute a recommendation or endorsement by Phyllis Tuckwell Hospice Care, as we are aware that whether a book is helpful or not is subjective and as such is a decision that can only be made by the individual reader.*

### **Grief Encounter** by Shelley Gilbert

Aimed at 8-15 year olds. The focus is on the death of a parent, but the book is also suitable for the loss of a sibling, grandparent or friend. The author recommends that the book is read with an adult, at least initially.

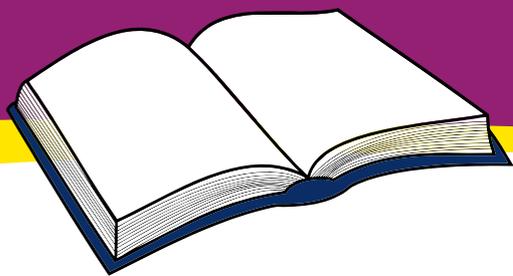
### **Rory's Story** by Anna Jacobs

Rory is an adolescent boy who is struggling with the loss of his mother. Confused and bullied at school, he attempts to run away, but finally returns to face his feelings. This therapeutic story is a gritty read that teenagers will relate to. It explores the teenage experience of loss and bereavement, and can be used to support young people who have experienced loss. It can also help teenagers understand the needs of their peers when loss occurs, and has notes for discussion on the themes of each chapter.

This book can be used in conjunction with the practical workbook 'Supporting Teenagers through Grief & Loss', a useful tool which will help teachers, therapists and carers to support and understand the needs of adolescents facing loss.

### **We Get It** by Heather L. Servaty-Seib and David C. Fajgenbaum

A unique collection of 33 narratives by bereaved students and young adults in America, this book aims to help young adults who are grieving, and provide guidance for those who seek to support them. It has been described as like having a group in a book.



### **Never The Same** by Donna Shuurman

Children and teens who experience the death of a parent are never the same. Only in the last decade have counsellors acknowledged that children grieve too, and that unresolved issues can negatively impact children into adulthood. Unaddressed grief can lead to depression, substance abuse and relationship difficulties. 'Never the Same' offers expert advice and encouragement to empower readers to reflect on their unique situation, come to terms with the influence of their parent's death, and live more healthy, peaceful lives.

### **Teen Grief Relief** by Heidi Horsley and Gloria Horsley

A self-help book for grieving teenagers and their parents. Teenage grief is hard, lonely and painful, and parents want to know how they can help. 'Teen Grief Relief' provides both parents and teens with the help they need. Shared here are teen stories, feelings, techniques, references and resources for use in not only surviving but thriving, after the painful loss of a family member or close personal friend.

### **Everything's Changing: the young person's guide to grief and loss** by Ann Atkin

'Everything's Changing' services as a catalyst to important conversations with young people, and a useful record for the young person to refer back to in the future. The book draws on tried and tested bereavement support resources, which have been re-worked in order to appeal to people in the 13-25 year age group.

## **Sometimes Life Sucks: When Someone You Love Dies**

by Molly Carlile

Teenagers experience loss in all kinds of ways, whether it's the death of a grandparent, pet or school friend, a teen fatality, a peer with terminal illness, living without a mum or dad, or the death of a celebrity. Like everyone else, teenagers also struggle to come to terms with their shock and grief. Full of great tips, stories and gentle advice, 'Sometimes Life Sucks' helps teens to navigate their personal experience of grief.

# Helpful websites

You can find more information about supporting a child or YP through bereavement on these websites:



[www.childbereavementuk.org](http://www.childbereavementuk.org)



[www.hopeagain.org.uk](http://www.hopeagain.org.uk)



[www.kooth.com](http://www.kooth.com)



[www.winstonswish.org](http://www.winstonswish.org)



[www.themix.org.uk](http://www.themix.org.uk)



[www.griefencounter.org.uk](http://www.griefencounter.org.uk)

# Do get in touch

If you need any further assistance with how to talk to your children or YP, or need help yourself in dealing with grief and bereavement, please do get in touch with the Patient & Family Support team at Phyllis Tuckwell... we are here to help you!



[PAFS@pth.org.uk](mailto:PAFS@pth.org.uk)



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