

## Some suggestions to support a child or young person

- Don't pressure a child or young person to speak about how they feel - they often can't verbalise this
- Acknowledge to them that you are aware that they have lost someone
- Always name the person who has died
- Give them plenty of space. They may for example be crying one moment and laughing the next
- Give them opportunities to talk when they want to
- Don't exclude them from the details of the death
- Tell the truth
- Allow them the opportunity to visit the grave, attend the funeral, and include them in decision making
- Give them the chance to remember the deceased in whatever way they feel is necessary

Following a bereavement all Children and Young People should be provided with appropriate support

If you would like further information or to access support for a child or young person who has been bereaved then contact

**Grampian Child Bereavement Network**  
c/o MHA  
1, Alford Place  
Aberdeen AB10 1YD

**Telephone 01224 594099**

(Answer machine available at all times, telephone is manned on a part time basis)

Or contact via email:-  
[gcbn@mhaberdeen.org.uk](mailto:gcbn@mhaberdeen.org.uk)



## Supporting Bereaved Children and Young People in Grampian

Grampian Child Bereavement Network  
Registered Charity SCO40712

## **Grampian Child Bereavement Network aims to**

- Assist children and young people to access appropriate support for bereavement within Grampian
- Provide information about the effects of bereavement on children and young people
- Raise awareness of the impact of bereavement on children and young people
- Provide information and support to families where a child or young person is bereaved
- Provide support and information to carers and professionals who are supporting a bereaved child or young person
- Provide resources to families and carers who are supporting a bereaved child or young person

## **Grampian Child Bereavement Network believes that:-**

- Bereavement is a normal part of everyday life
- Children and Young People who are bereaved should be able to have their loss acknowledged
- Children and Young People grieve at their own pace - Age and developmental stage will make a difference to how a child or young person manages their grief
- Children and Young People are resilient but they still need support from trusted adults
- Every child and young person is unique and their reaction to the bereavement will also be unique
- The relationship the child or young person had with the deceased person will impact on the way they experience their grief
- The circumstances that led to the death will also impact on the way a child or young person will manage their grief

## **Some common symptoms for younger children are**

- A higher level of anxiety and clinging
- Sleep disturbance
- A need for reassurance
- Asking questions about death
- Acting out death via play
- Anger
- Regression to an earlier stage of development
- Sore tummy
- Changes in eating patterns
- Tears

## **Some common symptoms for older children and young people**

- Sleep disturbance
- Changes in eating patterns
- Anger
- Risk taking behaviours
- Challenging behaviour
- Preoccupation about death and dying
- Changes in personality