

March 2026

Dear Parent/Carer

**RE: KEEPING OUR CHILDREN SAFE - Eighth Edition – Parent Safeguarding Newsletter
A Parental Information Guide on dealing with Bereavement with Children**

Welcome to the eighth edition of our Parent Safeguarding Newsletter, with this edition we will be exploring how to deal with Bereavement with Children

Our Safeguarding Newsletters are designed to support parents in deepening their understanding of topical safeguarding issues that may affect their child, themselves or members of their local community. Safeguarding children is the action we take to promote the welfare of children and protect them

from harm. Safeguarding is everyone's responsibility. Every single person who comes into contact with children and families has a role to play.

Please take the time to read the 'Parental Information Guide on Dealing with Bereavement with Children' written by Services for Education.

Topics covered in the Information Guide include:

- **Understanding loss and grief** – why can losing a family member, friend or loved one have such an impact on children?
- **How do children grieve?** What might this look like for your child? How might children respond to a bereavement?
- **Helping your child to cope with loss** – what can you do to best support your child during this difficult time?
- **Activities to promote healing** – some fun, interactive and supportive ways to help your child manage their grief.
- **Resources and Signposts** – where to look for help, advice and guidance.

UNDERSTANDING LOSS AND GRIEF

Losing a loved one can be very difficult for both adults and children. Children often grieve differently from adults and may need help to understand and manage their emotions. Bereavement can affect a child's emotional and psychological wellbeing in several ways. Children rely on loved ones for security and safety, so a loss can leave them feeling vulnerable and uncertain. They may also struggle to understand death and its permanence, which can lead to confusion, fear or anxiety. Grief can feel overwhelming for children and may bring strong emotions such as sadness, anger or guilt. They may find it hard to express or process these feelings. Loss can also affect their social and emotional development, leading them to withdraw from others, struggle with relationships, or find it harder to manage emotions.

HOW DO CHILDREN GRIEVE?

The way a child grieves can depend on the circumstances of the loss. For example, if someone has been ill, a child may have had time to prepare. A sudden loss may be harder to understand. Children express grief in different ways. They may feel sad, angry or confused. Some may cry more, withdraw from others or struggle to talk about their feelings, you might also notice changes in behaviour.

HELPING YOUR CHILD COPE

Supporting your child while managing your own grief can be challenging, but providing support can reduce the long-term impact of loss and help children develop healthy coping strategies.

You can help by:

- Being honest and open: Answer questions in an age-appropriate way and use clear language to avoid confusion.
- Creating a safe space: Let your child know it's okay to talk about their feelings and that trusted adults are there to listen.
- Listening carefully: Allow them to share their thoughts without judgement and acknowledge their feelings.
- Maintaining routines: Familiar routines provide stability and comfort during difficult times.
- Sharing memories: Looking at photos, telling stories and remembering the person together can help keep their memory alive.

ACTIVITIES TO SUPPORT HEALING

Simple activities can help children express feelings and remember the person who has died. These may include:

- Creating a memory box or jar with photos or special items.
- Drawing, painting or crafting to express emotions.
- Writing letters or journaling, especially for older children.
- Planting a tree or flowers in memory of the loved one.
- Creating a memorial with photos or meaningful objects.
- Practising mindfulness or breathing exercises to manage strong emotions.
- Spending time in nature, which can feel calming and grounding.
- Seeking support from groups, organisations or other families experiencing bereavement.

RESOURCES FOR YOU USE

- Winston's Wish- [Support for parents](#)
- YoungMinds- [Talking about grief and loss](#)
- Child Bereavement Trust- [Books and resources](#)

If you have any questions, please do not hesitate to contact a member of your child's Year Team or a member of the Safeguarding Team.

Yours sincerely

MRS J COLBOURNE

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