

Child Death Prevention Newsletter

How can YOU help a bereaved parent

This newsletter is designed to raise awareness and share the learning from the Child Death Overview Panel for Staffordshire and Stoke-on-Trent

Charity 'A child of mine' has bought the feelings and wishes of local bereaved parents together and created a list of little things that will make a big difference to bereaved parents:

For further information go to:
<http://www.achildofmine.org.uk/>



How can YOU help a bereaved parent

Little things that will make a big difference

DON'T

DO

- Don't avoid us or cross the road if you don't know what to say. It's OK to say "I don't know what to say"
- Don't say "they're in a better place", "things happen for a reason", "at least you have other children" or, "you can have another child"
- Don't worry about being awkward around us, just be you
- Don't say time is a healer. Our grief never goes away, time just helps us manage it better
- Don't judge our behaviour, attitudes or actions
- Don't be a stranger, don't wait to be asked for help
- Don't avoid saying our child's name. Our biggest fear is that they will be forgotten
- Don't forget our lives will never be the same again

- Be practical - cook a meal, help with any other children
- Be there, give a hug, listen
- Remember we may seem to be coping well but more often we are wearing a mask for the outside world!
- Include our child's name on cards, especially around Christmas
- Keep calling and texting
- Still invite us to social events and parties, or just out for a coffee or lunch
- Remember that there is no time limit on our grief
- Remember anniversaries, birthdays and special dates
- Talk about our child that has died, say their name, share memories
- Allow for our other children's behaviour, it could be disruptive and difficult
- Remember sometimes we may not want to talk, and that is OK
- Keep remembering our child as the years go on, it will be appreciated

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Children's Grief Awareness Week UK

15-21 November 2018

1 IN 29 SCHOOL AGE CHILDREN IN THE UK HAVE BEEN BEREAVED OF A PARENT OR SIBLING.

Children's Grief Awareness Week UK is designed to raise awareness of bereaved children and young people in the UK. It is an opportunity for us all to acknowledge the painful impact that the death of a loved one has on the life of a child, and an opportunity to make sure children receive the support they need. The theme for the week is **#YoureNotAlone**. The Childhood Bereavement Network and Grief Encounter are working with organisations to coordinate a whole week of activities.

How you can get involved

- Use your social media to get attention – post messages of support on Twitter, Instagram and Facebook using the hashtags #YoureNotAlone and #ChildrensGriefAwareness
- Download the CGAWeek 2017 [poster](#) and tweet a picture of yourself with it
- Arrange a meeting with your MP
- Download the logo for your publicity [here](#)
- Sending a news release to your local media outlet to say how you're supporting the initiative#

For further information go to : www.childrensgriefawarenessweek.com

