

Bereavement guide – Transcript

https://www.youtube.com/watch?v=9adR1a_YsZM&feature=youtu.be

Soft music plays in the background

[Text: Helping children and you people deal with grief, loss and bereavement]

[Text: “There is something you must always remember. You are braver than you believe, stronger than you seem and smarter than you think” Winnie the Pooh.]

[Image of a drawing of a raincloud]

[Text: How do children and young people grieve?]

[Text: Children and young people grieve just as much as adults, but they show it in different ways. They learn how to grieve by copying the adults around them and rely on adults to provide them with what they need to support them in their grief.]

[A cartoon flower is next to the text]

[Text: Children have a limited ability to put feelings, thoughts and memories into words, they tend to “act out” with behaviours instead of expressing themselves verbally. Showing your grief will encourage them to express theirs. Their behaviour is your guide as to how they are and his is as true for a very young child as it is for a teenager.]

[Image of a child’s drawing of a family]

[Text: Children are naturally good at dipping in and out of their grief. They can be intensely sad one minute, then suddenly switch to playing happily the next, this does not mean they are not affected, it is a type of built-in safety mechanism that prevents them being overwhelmed by powerful feelings.]

[A graphic of someone sitting holding their knees is next to the text]

[Text: As children get older, this becomes harder and teenagers may spend long periods of time in one behaviour or another. For a young person, getting on with life might mean a hectic social schedule as their way of shutting out the pain. Or they may withdraw into themselves, rejecting offers of help and being generally very hard to communicate with.]

[Image of a drawing of two people looking happy stood under a rainbow]

[Text: What can I do to help?]

[Text: Support them to carry on as much as they can with usual routines whilst supporting one another when the grief feels all consuming.]

[Text: Answer questions honestly, and in simple language suitable for the child’s age, they need information to make sense of what is happening.]

[Image of a drawing of two butterflies]

[Image of somebody drawing a sad face]

[Text: It’s ok for you and your children to feel sad, angry, confused, empty, guilty, anxious and many other emotions – and its ok if you don’t. Let them know that their feelings are normal, but also help them find safe ways to express these feelings.]

[Text: Be a model, not a hero. Share your feelings with your child; children learn to grieve by observing and copying the adults around them.]

[A crayon drawing of a sad person is next to the text]

[Text: Tips from other parents]

[Text: Try and talk to your children honestly and explain what has happened in a way that they can understand. They need information and reassurance.]

[Text: Try to talk to your children about the funeral. Including them and giving them choices will help them to remember and say goodbye.]

[A crayon drawing of a rainbow is in the bottom right hand corner]

[A crayon drawing of a child hugging somebody under an umbrella is next to the text]

[Text: Talk about the person who has died – include your children in remembering.]

[Text: How children grieve will depend on their age and their understanding of events.]

[Text: Your children's grief may be shown in behaviour, and they may be distraught one minute and playing happily the next.]

[A crayon drawing of somebody crying surrounded by people with their arms out]

[Text: Inform the school about your children's loss.]

[Text: Trust your instincts as a parent and don't be afraid to ask for help if you need it.]

[Text: It's ok for you and your children to feel sad, angry, confused, empty, guilty, anxious and many other emotions – and its ok if you don't]

[Text: (Child Bereavement UK)]

[Crayon drawing of a sunshine with a smiling face is in the top right hand corner]

[Text: How do I find out more?]

[Text: Visit www.durham.gov.uk/bereavementsupport for information on additional help and support]

[Images of various logos including St Cuthbert's Hospice, County Durham Care Partnership, NHS County Durham Commissioning Group and Durham County Council]