

# Supporting Children after a Bereavement





# Aims



The aims are to:

- Have a space to think about children we are supporting and how to help them
- Revise the key models
- Think about resources and books and stories we can use
- Be able to ask questions



# Activity

Have a think about the children you are working with or that come to mind and talk to your neighbour about what worked and any questions you have.





# Grief and Loss Metaphors



“Grief is like the ocean;  
it comes on waves ebbing and flowing.  
Sometimes the water is calm,  
and sometimes it is overwhelming.  
All we can do is learn to swim.”

Vicki Harrison

 Kathryn Van Auken  
life coaching

# The outcomes from CRUSE research

In summary:

- ❑ Community support can help most bereaved people to support themselves and others
- ❑ Accurate information can help someone understand how to cope. Someone can request more help, if needed
- ❑ It is beneficial to respond supportively as soon as possible, following a request for help
- ❑ Many bereaved people find it useful to understand more about their grief, and how to cope
- ❑ Bereavement support helps people become more able to cope with a current bereavement, and losses to come

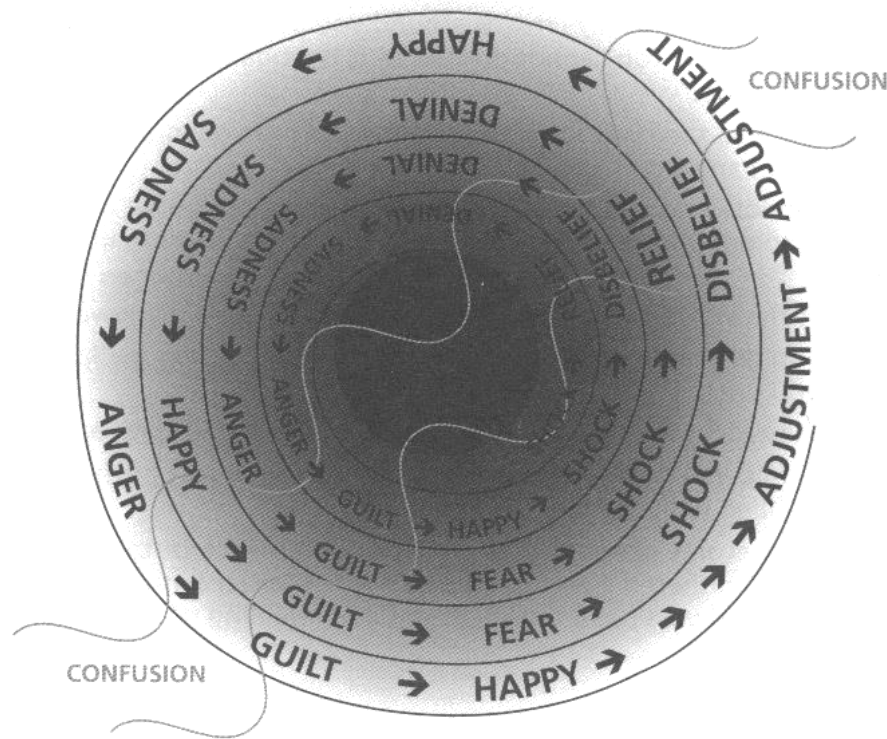
# Key Models



# The Grieving Process

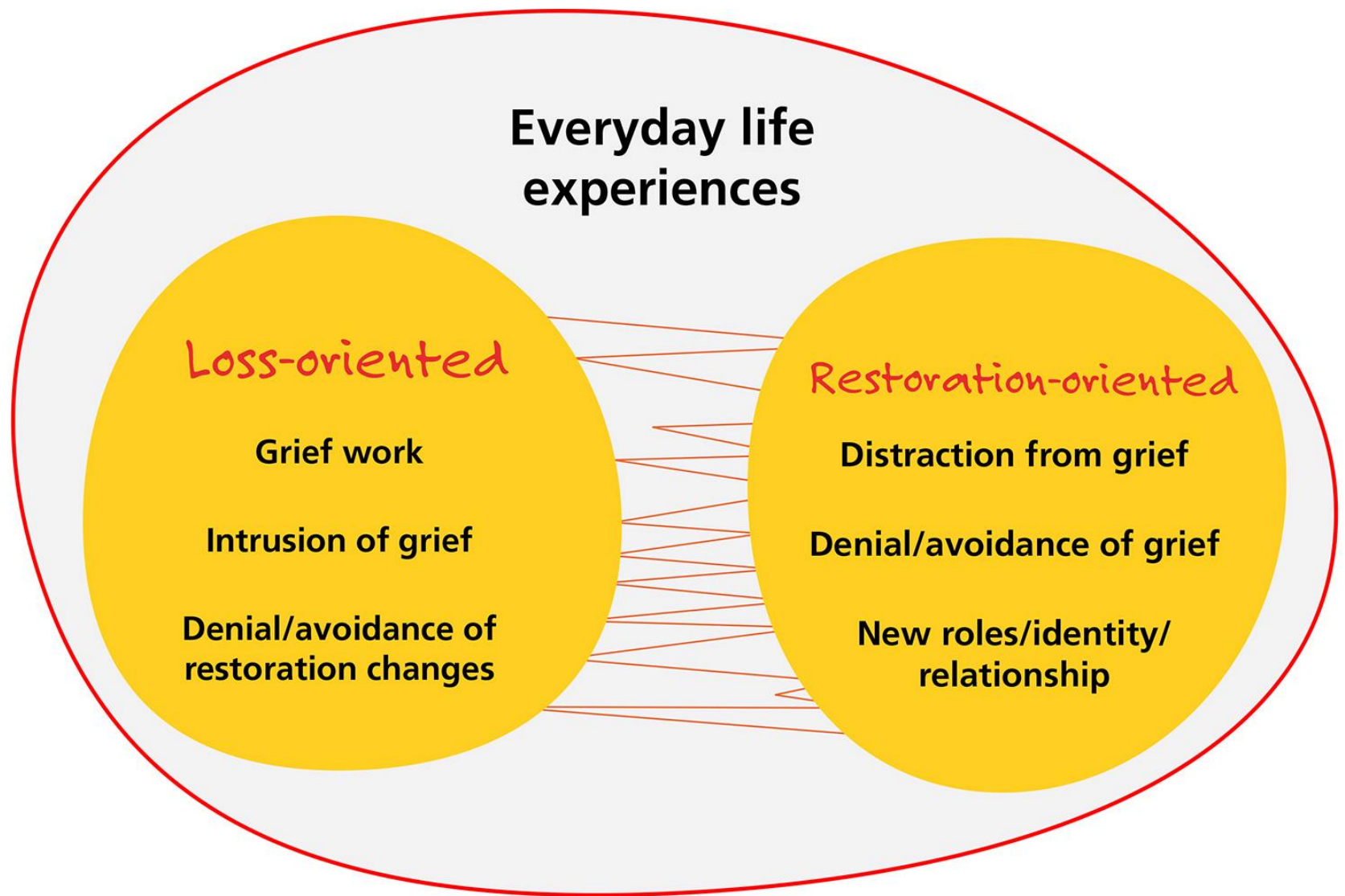


Upward spiral of grief:



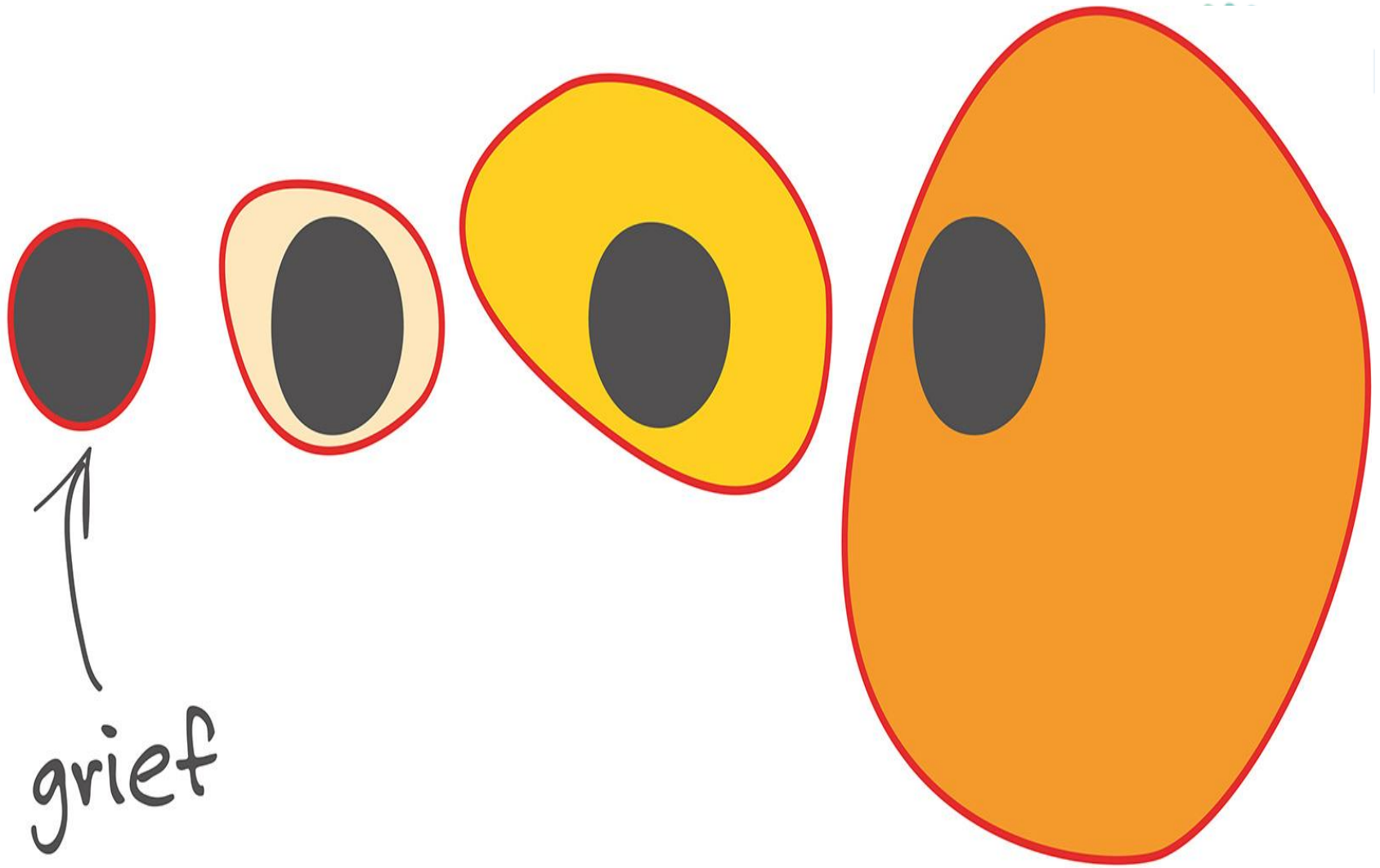
Shelley Gilbert (2004)





Margaret Stroebe and Henk Schut (1999)

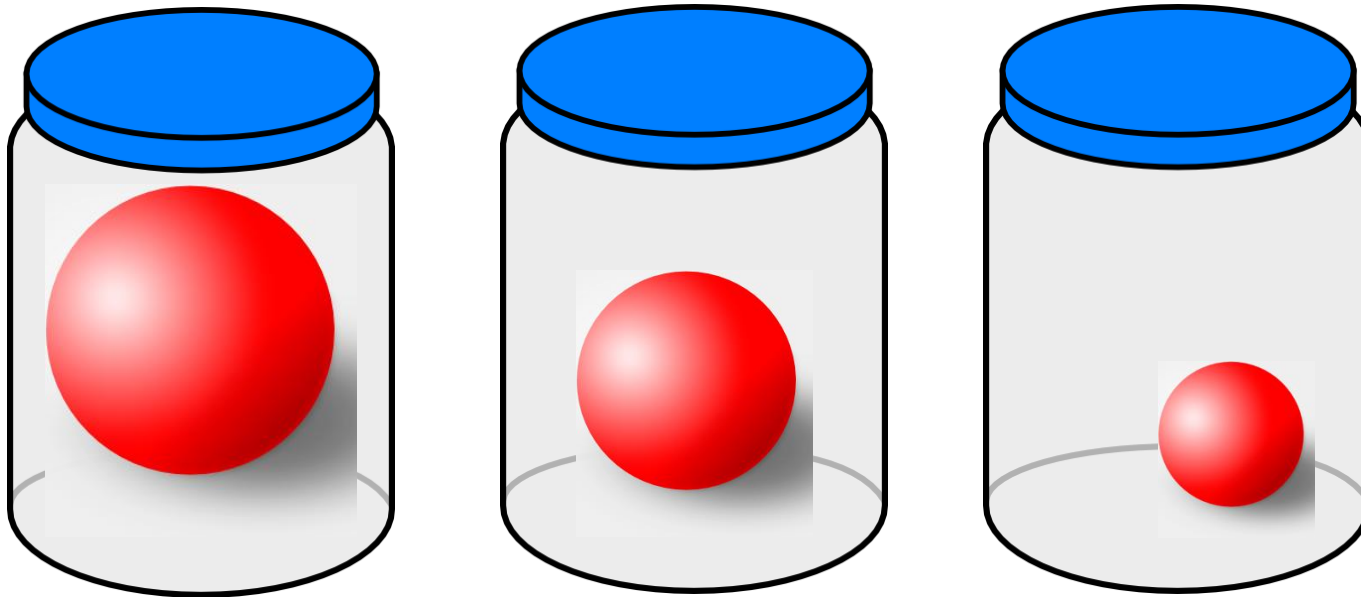
*The Dual Process Model of Coping with Bereavement: Rationale and Description*, Death Studies 23:3 197-224



# The Grieving Process



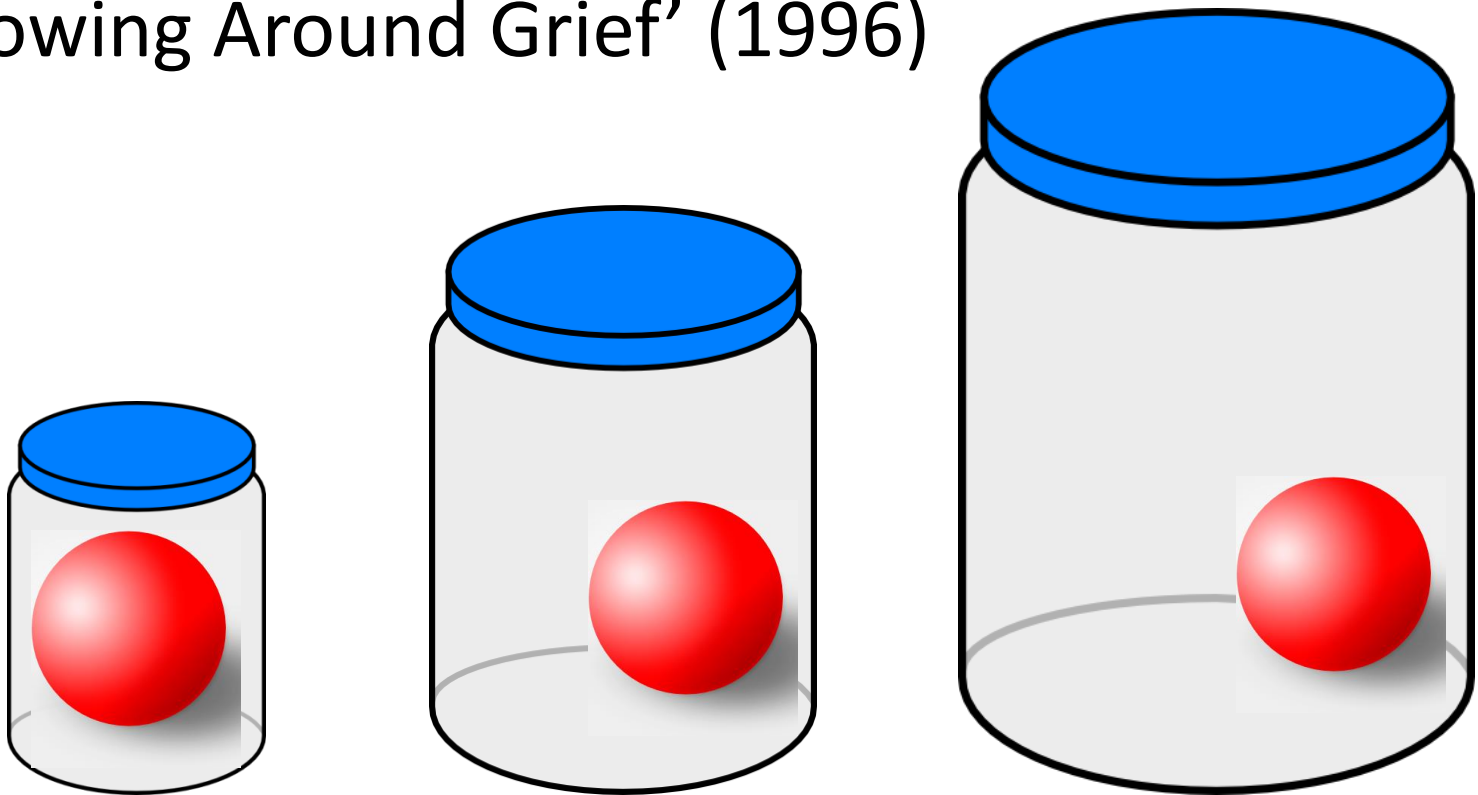
- Barbara Monroe adapted Tonkin's model 'Growing Around Grief' (1996)



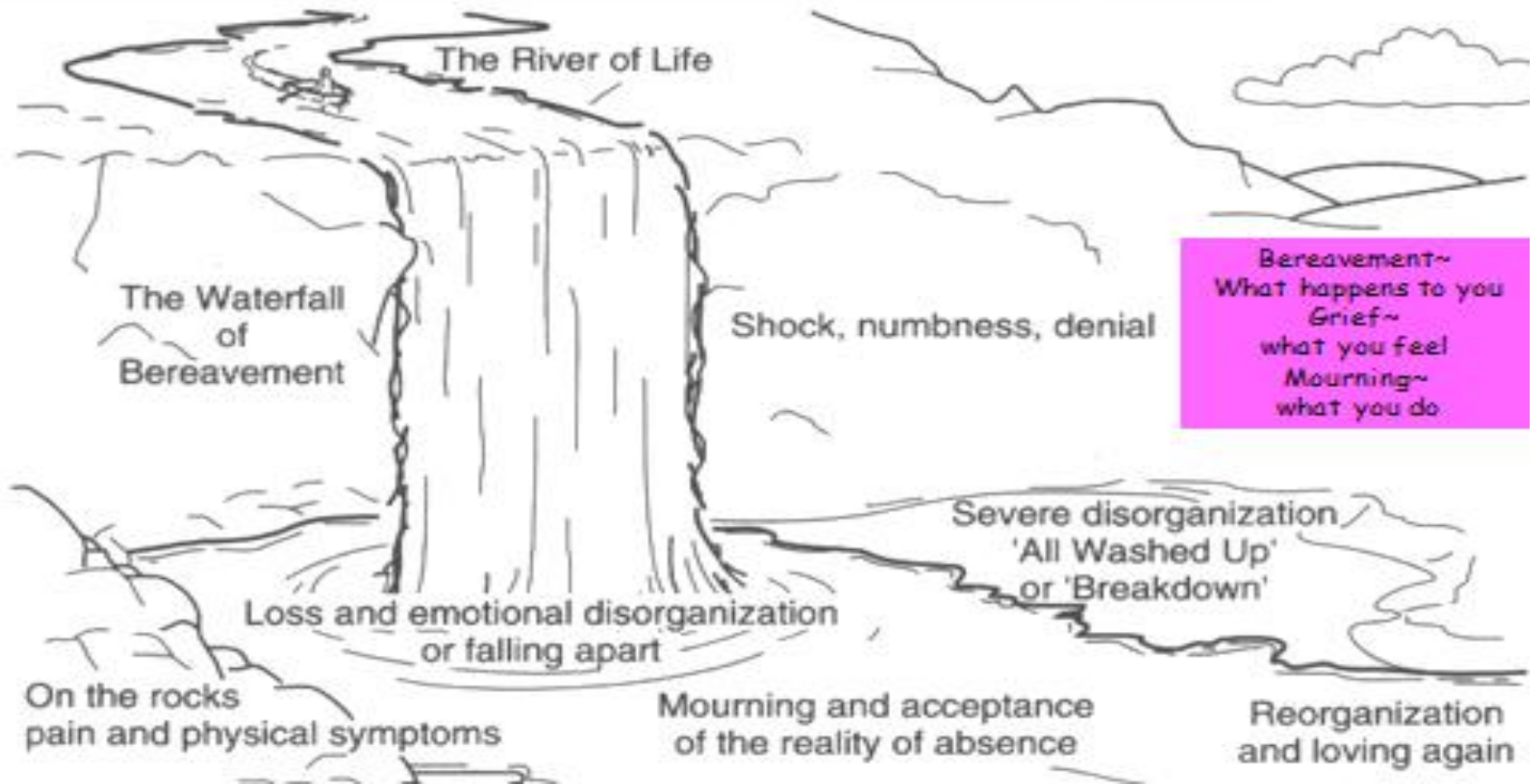
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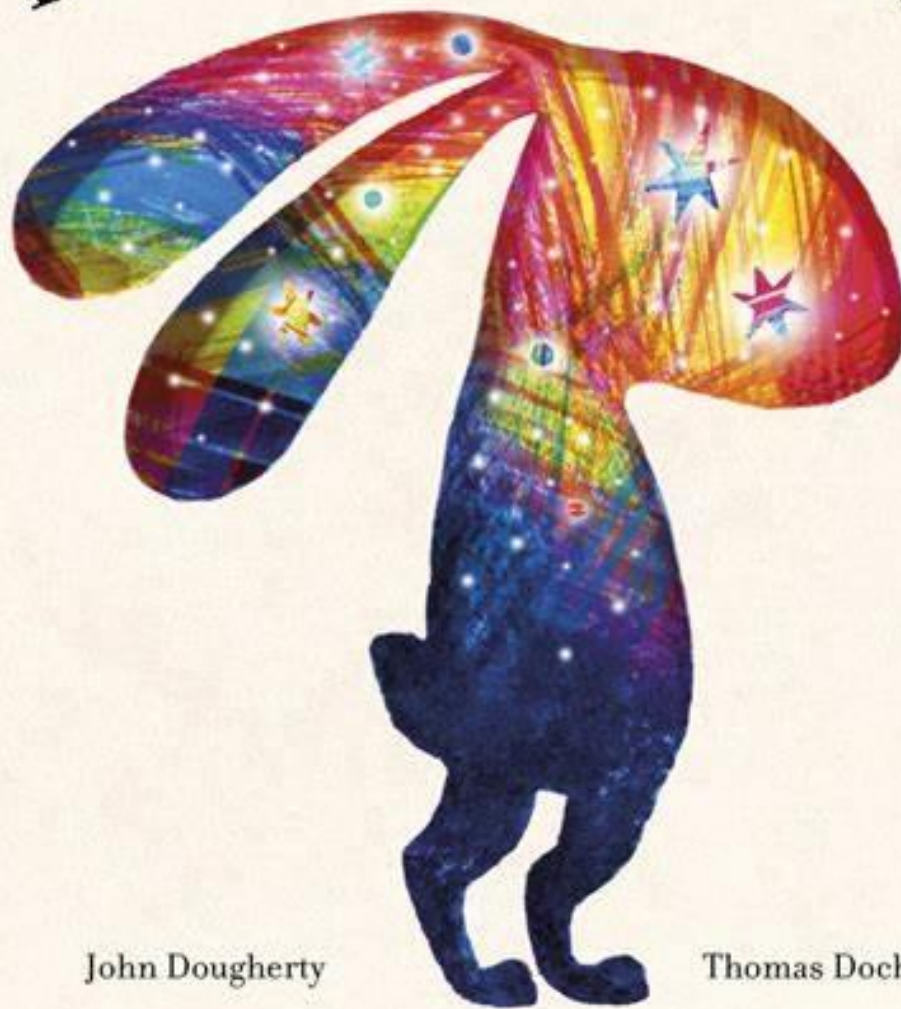


## The Whirlpool of Grief (Wilson, 1993)





# The Hare-Shaped Hole



John Dougherty

Thomas Docherty

# Supporting Loss



My favourite books:

The Invisible String and Workbook Patrice Karst

The Day the Sea Went Out and Never Came Back by  
Margot Sunderland

Ollie the Octopus (storybook and workbook) by Dr Karen  
Treisman

The Hare-Shaped Hole by John Dougherty and Thomas  
Docherty

What are your favourite books?

# Creative Ideas for Capturing Memories

- Memory Box
- Memory Book
- E-memory store
- Memory bracelet
- Pom-pom
- Dream Catcher
- Worry Dolls

[http://sabp.lgfl.org.uk/documents/supporting/SBP\\_memory\\_making%202.pdf](http://sabp.lgfl.org.uk/documents/supporting/SBP_memory_making%202.pdf)

# ELSA bereavement resources



- [Bereavement and loss Archives - ELSA Support \(elsa-support.co.uk\)](http://elsa-support.co.uk)
- [Bereavement resources for parents and school staff - ELSA Support \(elsa-support.co.uk\)](http://elsa-support.co.uk)
- [Useful Links – ELSA Network](#)
- [Supporting Children and young People with Loss and Bereavement - YouTube](#)

# Self-Care

How can you look after yourself when doing this work?





# Questions?

