

Grief - A Guide for Parents/Carers



Supporting Children Through Bereavement

When a child experiences the death of someone important to them, home can feel both comforting and overwhelming. This guide is designed to help parents and carers support their child through grief with compassion, reassurance and understanding.

Understanding Grief in Children

Grief in children is not linear or predictable. It can come in waves, appear unexpectedly or even seem absent altogether. Children may:

- Regress in behaviour (clinginess, toileting issues, anger outbursts)
- Struggle to concentrate or engage in learning
- Experience sleep or appetite changes
- Ask the same questions repeatedly
- Show signs of anxiety or confusion about death
- Every child will experience and express grief differently depending on their age, understanding and personal relationship with the person who has died.

Immediate Actions

Acknowledge What Has Happened:

- Don't avoid the topic and have a trusted adult use clear, age-appropriate language with the child (e.g., "died" instead of "lost" or "passed away"). Reassure them it's okay to feel sad, angry, confused or nothing at all.

Communicate with School:

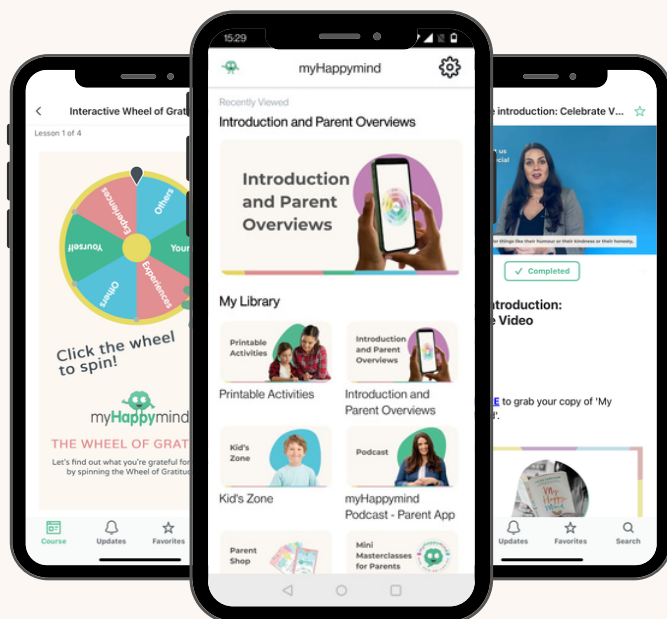
- Coordinate with members of staff at your child's school to ensure a consistent and supportive approach between home and school. Ask if your child can be assigned a trusted adult to check in with them throughout the day.

How myHappymind Can Support You and Your Child at Home

Through your child's school, you have free access to some fantastic myHappymind resources that can help you support your child's emotional wellbeing at home. These tools are designed to be simple, practical and helpful for all children, including those who are neurodiverse or going through a difficult time.

- **Happy Breathing:** These are short, guided breathing exercises that help children calm their bodies and minds. They're great for easing big emotions like anxiety, frustration or overwhelm and can be especially useful if your child is sensitive to busy or noisy environments. You can listen to the Happy Breathing audio clips together through the myHappymind Parent App.
- **myHappymind Places:** This tool encourages your child to "check in" with how they're feeling and talk about what might help. Regular check-ins build emotional awareness and make it easier for your child to share what's going on inside. This is particularly powerful for children who may struggle to express their emotions or need extra support with self-regulation.

These resources are there to help you feel confident in supporting your child's wellbeing and to give your child practical tools they can use anytime they need them.



If you haven't already, download the parent app to access the resources by scanning the QR code below...



YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP



**If you have any questions, contact us at
hello@myhappymind.org or 01625 447547.**

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