

# GUIDE TO SUPPORTING CHILDREN THROUGH BEREAVEMENT AND LOSS

## Emotional Wellbeing in School and at Home

HOLLIE RANKIN



A Speechmark Book

# Guide to Supporting Children through Bereavement and Loss

Currently, many children are unable to access emotional support services, and other members of a child's support network are required to provide this emotional guidance and support. This resource book has been written to support children when they have experienced a loss or bereavement. It is intended to be used as a guide by families and friends, school staff, and all other adults supporting children through their grief, to help them to provide this emotional guidance.

*Guide to Supporting Children through Bereavement and Loss* offers information, education, and guidance about how to understand grief, ways to support the process and emotions of grief, and to help children to express themselves and make sense of their changed world. It covers the 'stages of grief', and holds many practical ideas and activities designed to help children to process and understand their grief, as well as to express and explore their emotions. There is a section on undertaking group work for bereaved children, as well as information on both self-care and what to do when a referral to a specialist service may be required.

This guide was designed to be used by any person supporting a child through loss or bereavement, no matter what their previous understanding of these issues. It is specifically written to be as accessible and as user-friendly as possible to help, rather than hinder, the user. It can be used alone, or alongside the storybook *When the Sun Fell Out of the Sky*.

**Hollie Rankin** is a counsellor who has worked with and supported children, young people and their families within schools in the North East over the last ten years. Her recent books on trauma and bereavement were prompted by a noticeable gap in resources to help to guide adults when supporting children in emotionally challenging circumstances.



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To my four parents, I love you all.

I would like to dedicate this book to all of the children I know, and have known,  
who have experienced the devastating loss of a loved one.