



## **Policy for Supporting Children who are experiencing loss or change in their lives**

Coping with change, such as parents getting divorced, or loss, such as the death of a relative or a family pet, can be very difficult for a child to cope with and they may display their emotions in a variety of ways.

We can, and will work with you to support your child through any difficult times they may encounter. We are aware that different religions and cultures have differing rituals and attitudes towards death and divorce so will be guided by parents and family wishes.

We are willing to support your child by:

- Encouraging your child to ask questions and answer them to the best of my ability, honestly and simply using language and words that are age appropriate.
- Talking with the child about the person/animal who has died
- Offering to listen to the child, so they can share their thoughts and emotions in a safe and caring environment with a familiar and sympathetic adult
- Observing the child and noting any concerns or changes to their play and interaction with others and sharing these with you
- Finding appropriate ways for the child to become involved in remembering the person/animal, for example a memory box or jar.
- Regularly discussing with you how your child is coping, however this will not be in front of the child, so we may need to arrange to meet in the evenings or discuss the matter over the telephone.
- Ensuring that the other children who attend understand (according to their age) that the child is more sensitive at the moment and may need to be given more space or support.

Sometimes children need professional counselling to help them deal with their loss or adjust to a major change. We are happy to support you and your child by signposting you to the services available.

We have found the following websites useful:

<http://www.winstonswish.org.uk/>

[http://www.bbc.co.uk/relationships/coping\\_with\\_grief/bereavement\\_index.shtml](http://www.bbc.co.uk/relationships/coping_with_grief/bereavement_index.shtml)

[http://www.nspcc.org.uk/Inform/OnlineResources/ReadingLists/Bereavement/Bereavement\\_asp\\_ifega26155.html](http://www.nspcc.org.uk/Inform/OnlineResources/ReadingLists/Bereavement/Bereavement_asp_ifega26155.html)

<http://www.childrenanddivorce.com/id18.html>

If you wish to discuss any concerns you have regarding this policy or your child's emotional welfare, please do not hesitate to contact me.