

1.

Not Too Young to Grieve:

thinking about bereavement
and young children



2.

The aims of this session...

- to increase your awareness of the issues surrounding bereavement in young children.
- to help you feel more confident about supporting bereaved children and their parents or carers.
- to tell you about where you can go to get additional help.

3.

Everyone has to cope with change and loss...

For example:

- Moving - house and friends
- Starting school, college, work
- Examinations; job hopes
- Serious illness or disability
- Relationship breakdowns
- Redundancy
- Bereavement

4.

Young children and loss

For example:

- Weaning
- Parent going to work
- Birth of a sibling
- Sibling starting school
- Starting playgroup, nursery, with childminder, or starting school
- Parental relationship breakdown
- Parental illness (eg post natal depression)
- Bereavement