



Irish Methodist Youth and Children's Department

# BEREAVEMENT RESOURCE



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## Bereavement Resources

***Blessed are those who mourn, for they will be comforted.  
Matthew 5:4***

At some stage in our lives we will be faced with the death of someone close. And for each person how they deal with bereavement will be different from another, but no matter at what age, grieving is part of the healing process. Significant numbers of children and young people will experience the death of someone special in their lives.

Winston's wish highlights these statistics <http://winstonswish.org>:

- More than 100 children are bereaved of a parent every day
- 1 in 5 children experienced the death of a parent or sibling
- 41,000 children suffer bereavement every day in the UK
- 6% of 5–16-year olds have experienced the death of a close family member.

Winston's Wish is a charity that supports bereaved children, their families, and the professionals who support them. They produce excellent material to help children and young people deal with bereavement.

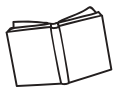


## Supporting the bereaved

*How does the Church support those who have been bereaved? How do we help or support children and young people during this difficult period in their lives?*

The way we choose to support children and young people can shape how they process their grief. So, if you find yourself or someone you know, in a position where you are supporting a child or young people through a time of grief/beravement the suggested resources below may be a valuable resource.

Please take note that some of the websites and resources mentioned may not necessarily be directly from a biblical ethos but are equally of value.

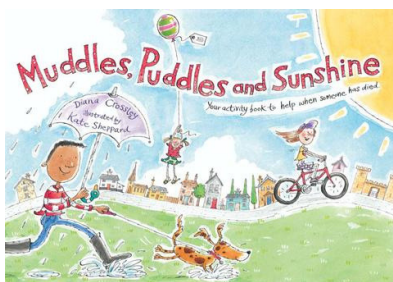


### Books

The following three books can be purchased from Winston's wish online shop. <https://shop.winstonswish.org>



'Never too Young to Grieve' Supporting Children Under Five after the death of a parent. This book covers a range of issues that may affect a child when a parent dies, and includes practical suggestions and activity ideas.

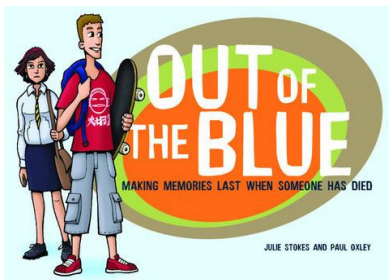


'Muddles, Puddles and Sunshine' An activity book to help when someone has died.'

This is a beautifully illustrated book full of activities to enable a child to deal with difficult feelings that follow inevitably after someone dies. This is a useful tool in the present and a precious keepsake in the years to come.

**Book Review:**

*"We looked at this book carefully in school and loved how it addressed the difficult issue of bereavement in such a sensitive and child friendly way. It allows an adult and child to work through the activities, and through smiles and tears it helps the child recognise the feeling of loss they are experiencing. It helps them to begin to learn to manage the emotions many children suddenly have to face for the first time as well as encouraging children to remember happy memories of the person they have lost. The book is engaging for children and many of the practical activities are suitable for all abilities. We have given some families the book to work through and we have ordered some more to have for the future. This is a very age appropriate resource for Primary school children who have faced bereavement and we would highly recommend it." Heidi*



**'Out of the Blue' Making Memories Last When Someone Has Died.**

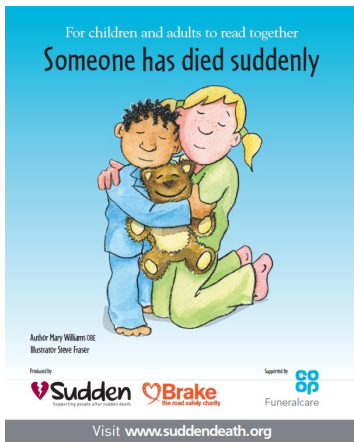
This book has been written and designed specifically for teenagers with the aim of supporting them through their bereavement using a range of activities.

**Book Review:**

When we lost my father in law last year my sons experienced grief for their much loved Granda Jim. In particular our youngest son, aged 12 seemed more affected and would be tearful at times when his grandad was mentioned at home. About 6 months after Jim had passed away I showed my son the book 'Out of the Blue' and explained to him that it was written to help children process and deal with their experience of loss. We sat together for about 20 minutes looking at a lovely suggestion of using pebbles to help us remember our loved one. During this short time together I was able to ask him more about memories of Granda Jim and actually strike up healthy conversation with him to get him talking about his feelings. We didn't actually see the activity through that the book was suggesting as just the talking about it seemed to be enough and had allowed us a precious sharing time for him to process some of his feelings. There were many other scenarios of loss that the book dealt with and seemed to be a very rich resource for anyone who supports those in times of loss and grief. Liza

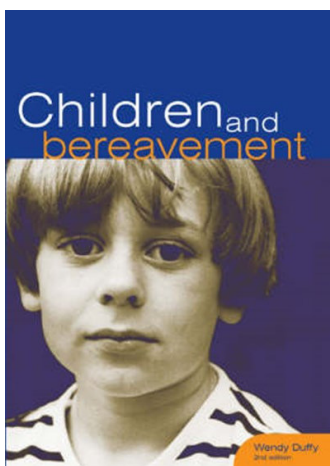


## More books:



'Someone has died Suddenly' is produced by 'Amy and Tom' Supporting suddenly bereaved families. This book can be obtained from local funeral directors, Amazon Books or visit the Sudden website.

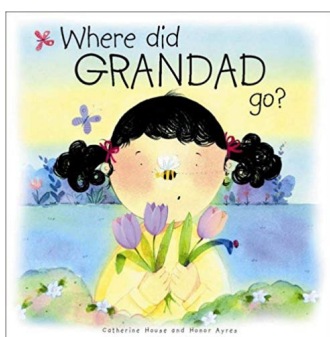
Link: <http://www.suddendeath.org/guides-for-suddenly-bereaved-people/help-for-children/2-uncategorised/97-order-our-book-for-bereaved-children-someone-has-died-suddenly>



'Children and Bereavement' by Wendy Duffy.

This sensitive guide examines the needs of bereaved children of different ages, their reactions to death, and the stages of their grief. Written in non-jargon language, it provides clear, accessible information and stories of real situations. Can be purchased from Eden Books.

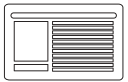
Link: <http://www.eden.co.uk>



'Where did Grandad go?' by Catherine House and Honor Ayres.

This is a beautifully illustrated book taking young children through questions about life and death and the special place God has for those who love him when they die. It can be purchased on Amazon, along with similar books such as:

'The Elephant in the Room' by Amanda Edwards  
 'The Memory Tree' by Britta Teckentrup  
 'A Grief Encounter' Workbook by Shelly Gilbert



## Online articles

- In the May 2018 edition of Premier Youth and Children's Magazine there is an article which is well worth reading, entitled 'Walking with children through grief' <https://www.youthandchildrens.work/content/search?q=Walking+with+children+through+grief>
- The above article is written by Will Taylor who is a full-time counsellor working predominately with primary school aged children. Check out his blog at [www.bigdaddywhale.com](http://www.bigdaddywhale.com)



## Useful websites:

- 'Cruse Bereavement Care' <https://www.cruse.org.uk/northern-ireland>
- 'Flourish' – A Churches initiative on Suicide <http://wewillflourish.com>
- 'Barnardos' [http://www.barnardos.org.uk/what\\_we\\_do/barnardos\\_today/northernireland.htm](http://www.barnardos.org.uk/what_we_do/barnardos_today/northernireland.htm)
- Winston's Wish- Giving hope to grieving children <https://shop.winstonswish.org/>

If you have found that the above information has been of value we would appreciate your feedback.

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