



The Family Pack Parent Life

Welcome

This is an informal information session that has been developed to help explore and better understand the following subjects:

- Self-Care
- Self-Doubt
- Budgeting
- Networks
- **Bereavement**
- Support Services

We understand that we all parent in slightly different ways, and what one parent does may not work for the other. You need to do what you feel may work best for you and your family. We hope the information in these sessions will be helpful”

Bereavement



What does bereavement mean?

Bereavement can include a range of different emotions and feeling.

Perhaps you might know it as....

Loss

Grief

Sadness

Sorrow

Hurt

Suffering

End

Passing on

Talk about it....

For many people talking about loss is still a taboo or can be extremely difficult which means that it is not something that is often talked about in families and in communities. However, it is something that impacts us all and it is important to provide the opportunity for children, young people and adults to feel they can talk about it and feel safe and supported.

When someone close to us dies, we feel grief. Grief is a big feeling made up of a lot of other feelings – things like feeling sad, angry, scared, worried, tired. Sometimes grief makes people feel cross, or confused, or very unhappy. Sometimes, grief gives people physical feelings, such as tummy aches. Sometimes grief feels like a big, empty, hollow pain inside. All of these feelings get jumbled and tangled up together.

Grief

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Tonkin, L. Growing around grief - another way of looking at grief and recovery Bereavement Care
Volume 5, 1996, Issue 1



Stages of Grief

To begin with, grief feels as if it takes up all of the room inside us. There's no room for anything else. It's a bit like trying to squeeze a ball (like a tennis ball) into a mug.

After a while, people find that they can do and feel other things. There's a bit of room for feeling happy and having fun. It's a bit like putting that same ball into a large bowl.

After more time, people may find that they have room for lots of feelings, for doing and learning new things. It's a bit like putting that same ball into a bucket or waste paper basket. The ball hasn't shrunk. It hasn't become smaller. It's the same size. The space around it has got bigger. Grief doesn't get smaller, but we grow around it.

(And some days, it takes up all the space. And some days, it doesn't.)

Growing Around Grief

GROWING AROUND GRIEF

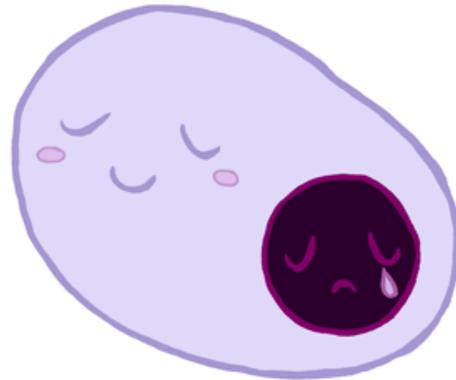
HERE IS A NEW WAY OF THINKING ABOUT GRIEF AND RECOVERY:



THIS CIRCLE REPRESENTS A LIFE THAT IS TOTALLY CONSUMED BY GRIEF.



ONE SHOULD ACCEPT THAT THE GRIEF WILL NEVER ENTIRELY DISAPPEAR, BUT OVER TIME IT WILL BECOME A SMALLER, MORE MANAGEABLE PART OF LIFE.



EVEN THOUGH THE GRIEF IS STILL THERE, A NEW LIFE EXPANDS AROUND IT; ONE IS ABLE TO GROW AROUND GRIEF.

- Some past theories of how people grieve describe different ‘stages of grief’ – as if everyone’s grief follows the same path and that there is a ‘right’ way to grieve. We prefer to look at it another way: after talking to many thousands of bereaved families, the way of looking at grief that makes the most sense to us is the idea of ‘growing around grief’.
- Older theories seemed to suggest that there is a time limit or natural progression to grieving. You’ll have heard people say something like ‘time heals’, suggesting that grief gets smaller. However, bereaved people’s experiences suggest that, actually, grief doesn’t go away, it doesn’t even grow smaller – we grow larger around it. And this isn’t straightforward either; some days there’s space for new experiences and optimistic feelings: some days, it is all grief. However, in time, there seems to be more hope.

Saying Goodbye

In so many important ways the person who has died will continue to be a continuing part of a child's life and memories. By using the term 'goodbye' here to include the kinds of events (seeing the body, the funeral, memorial services) that take place after someone has died.

By depending on faith and cultural practices and beliefs, there may not be much time to prepare a child for what happens or to include them after someone dies.

It is important to keep making clear that the person's body cannot feel anything nor do anything. If, for example, the body is in a funeral home, you could explain that the person who died is not cold, they're not hungry, they're not lonely.

Once in a while, a child is confused when we talk about a person's 'body'; it's worth checking that they realise you are talking about the whole of the person's body, including the head and legs.



Challenge Time & Feedback

We are now going to challenge you to put this information into practice with your family. Let's see if it makes a difference?

Think about:

- **What was helpful?**
- **What did you find most useful?**
 - **Was it realistic for you?**
- **Would you feel comfortable explaining these ideas to someone else?**
 - **Any challenges**

Where to go for support...



winstonswish.org

Online chat and crisis messenger

You can access bereavement support via online chat on the Winston's Wish website.

Online chat is designed to help you talk about your grief and manage your grief when you do feel like you need help. If you want to speak to someone urgently, please contact the **Winston's Wish Crisis Messenger**: text **WW** to **85258**



Further support

- **Young Minds:** youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/#working-through-your-grief
- **The Mix:** www.themix.org.uk/mental-health/looking-after-yourself/grief-and-bereavement-6290.html
- **Cruse:** www.cruse.org.uk/get-help/about-grief/how-to-help-someone-bereaved
- **Mind:** www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/bereavement-by-suicide/