

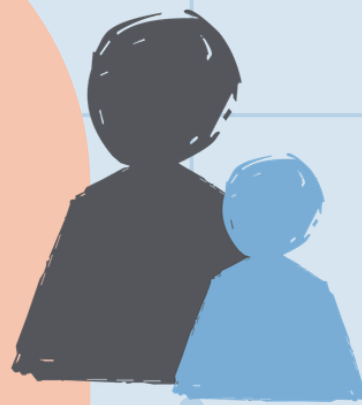
WHAT TO DO AT HOME FOLLOWING A BEREAVEMENT: PARENTS AND CARERS GUIDE

EYFS

Young children often don't fully understand what death means, but they can still sense when something sad or worrying has happened. They may show their feelings through behaviour rather than words.

How young children may respond:

- Become more clingy or seek extra reassurance
- Have changes in sleep, toileting, or appetite
- Show big emotions (tears, frustration, tantrums)
- Repeat questions or ask the same thing many times
- Appear unaffected, then react later



(All of these responses are normal for young children)



Helping your child feel secure

- Keep routines the same where possible (meals, bedtime, nursery/school)
- Comfort objects (teddies, blankets) can be very helpful
- Play, drawing, and stories can help children express feelings

Talking to your child:

- Use simple, clear language
 - e.g. "Someone has died, which means their body has stopped working and they can't come back."
- Try to avoid any euphemism that could be confusing, like "gone to sleep", which can confuse or worry young children
- Only answer the questions your child asks – short answers are often enough
- It's okay to repeat explanations many times
- Offering reassurance: Reassure your child that they are safe and cared for
- Let them know it's okay to feel sad, worried, or confused
- Offer lots of comfort – cuddles, holding hands, sitting close



The school is here to support both children and families during this time.

Let a member of staff know if you would like to join any free online training around supporting your child through bereavement led by 2wish.