



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

PRIMARY

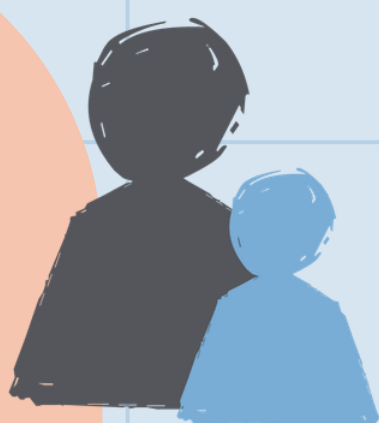
Primary-aged children may have a better understanding of death, but they can still find sudden or unexpected events confusing or worrying.

How children may respond:

Children may:

- Feel sad, anxious, or confused
- Ask questions about what happened or about safety
- Show changes in behaviour or concentration
- Experience physical symptoms (headaches, tummy aches, tiredness)
- Seem unaffected at first and react later

(All of these responses are normal for children)



Talking to your child:

- Be honest but age-appropriate in your explanations
- Avoid sharing distressing details or speculation
- Let your child guide the conversation – answer what they ask
- It's okay to say "I don't know" or "That's a good question, I don't have the answer right now."
- Encourage your child to talk, but don't force conversations
- Acknowledge feelings: "I understand, I can see why that made you feel sad"
- Reassure them about safety and the adults around them

Helping your child feel secure

- Keep daily routines as normal as possible
- Limit exposure to news, social media, or adult discussions
- Encourage calming activities (reading, drawing, walking, quiet play)
- Be patient – emotions may come and go
- Comfort objects (teddies, blankets) may be helpful



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.