

SAFEGUARDING NEWSLETTER

MAY 2026



THIS MONTH WE WILL BE LOOKING AT HELPING CHILDREN UNDERSTAND LOSS

At some point in life, most children experience the death of someone they know - whether it's a grandparent, a family friend, a beloved pet or another important figure in their life.

Bereavement can be confusing, sad and sometimes frightening children, especially if they don't fully understand what's happening. As parents and carers, your support can make all the difference in helping your child feel safe, heard and comforted during this difficult time.

UNDERSTANDING HOW CHILDREN GRIEVE

Grief in children can look very different from grief in adults. Young children may move in and out of sadness quickly - one minute playing happily, the next asking a difficult question about death.

Here are some common ways children might react:

- asking the same questions repeatedly
- showing changes in behaviour (clinginess, anger, quietness)
- worrying about others dying too
- having trouble sleeping or concentrating
- acting out emotions through play

PRACTICAL WAYS TO SUPPORT YOUR CHILD

- **Keep routines going** - children feel safer with predictable routines such as school, mealtimes and bedtime
- **Create space to remember** - light a candle, draw pictures, make a memory box or photo album together
- **Give choices** - if there's a funeral or memorial, ask your child if they'd like to attend or do something else to say goodbye
- **Use stories** - reading books about loss can help children talk about their own feelings

TALKING ABOUT DEATH HONESTLY AND GENTLY

It's natural to want to protect children from pain - but being open and honest is actually one of the kindest things we can do.

Use simple, clear language:

Avoid confusing phrases like 'gone to sleep' or 'passed away.' Try gentle but clear words such as: *"When someone dies, it means their body has stopped working. They don't feel pain any more."*

Answer questions honestly:

It's okay to say 'I don't know' or 'That's a really good question' if you're unsure. Children often ask the same questions repeatedly - this helps them make sense of the loss.

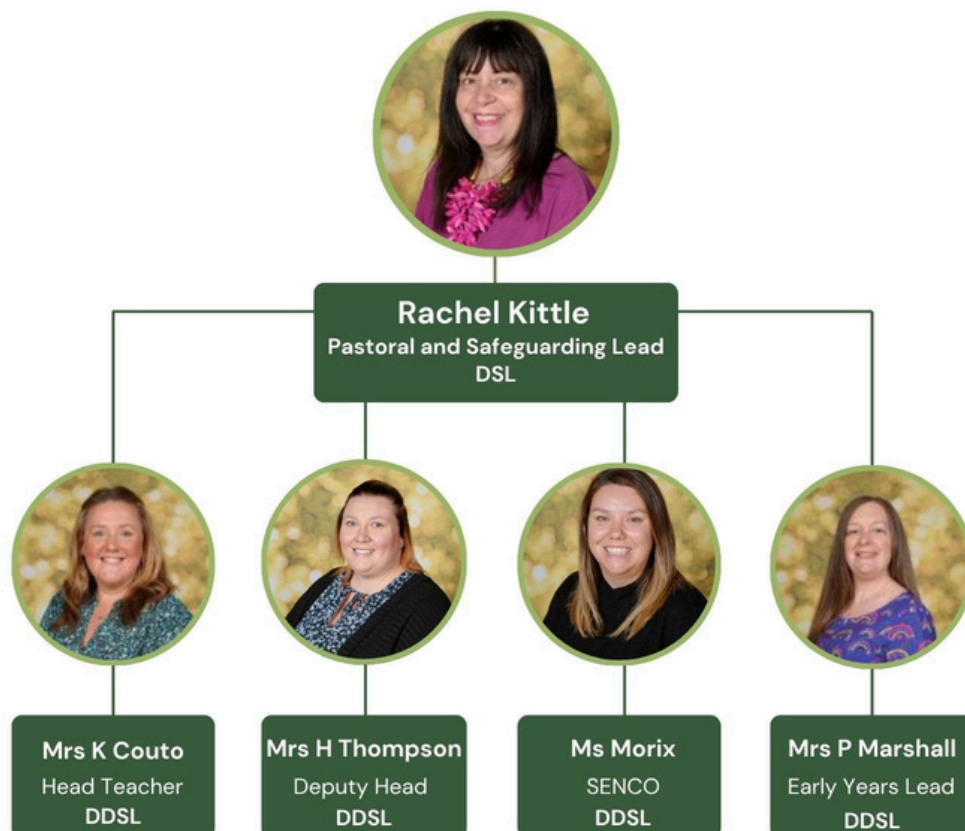
Talk about feelings:

Let your child know it's okay to feel sad, angry, confused or even nothing at all. You might say: *"Everyone feels different when someone dies. However you feel is ok."*

Model healthy grief:

It's okay to let your child see you cry. This shows them that sadness is natural and it's safe to express emotion.

Safeguarding Team



If you have any concerns about a child's safety or wellbeing,
please speak to a member of our Safeguarding Team.
We are here to help and listen.