

Stimulate emotional coping

- work for continuity in home, school or play group
- avoid unnecessary separations
- talk with children about their anxiety about something happening to their parents or themselves
- talk with children about eventual guilt feelings
- acknowledge and normalize the child's reactions; do not minimize or reject them
- conversations throughout childhood help the child build an inner representation of the dead loved one that they can keep through life
- if the child is sad, provide hope that it will become better but also tell them that it can take time

Stimulate expression of thoughts and feelings

- make a memorial album, put together pictures, poems, add writing and so on
- drawing, painting, paper clippings and suchlike
- write a letter to the deceased
- write poems, sentence completion, 'The worst that happened was...'
- role-play, dramatic reconstruction, make a video, puppet play
- rituals at visiting the grave or the site of the event

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Resources

Internet websites with information about children, adolescents and families in grief

- The Compassionate Friends: an organization offering support and encouragement to others after the death of a child.
(www.tcf.org.uk/leaflets/lesurviving.html)
- Roadcare: a website to help people who have been bereaved as a result of a road traffic accident.
(www.cadd.org.uk/docs/CADDCCoping.pdf)
- The Childhood Bereavement Network is a national federation working with bereaved children and young people.
(www.childhoodbereavementnetwork.org.uk/haad_about_bereavement_childhood_cr.htm)
- The Child Bereavement Charity: by listening to bereaved children and parents, The Child Bereavement Charity aims to improve the care offered by professionals to grieving families in the immediate crisis and in the many months following the death of someone important in their lives.
(www.childbereavement.org.uk)
- Cruse Bereavement Care: a website to promote the well-being of bereaved people.
(www.crusebereavementcare.org.uk)

- RD4U (Road for You): a website designed for young people by young people. It is part of Cruse Bereavement Care's Youth Involvement Project and is intended to support people after the death of someone close. (www.rd4u.org.uk)
- Winston's Wish: helps bereaved children and young people rebuild their lives after a family death. They offer practical support and guidance to families, professionals and anyone concerned about a grieving child. (www.winstonswish.org.uk)
- Resources for Children Experiencing Grief: a resource guide created in order to make materials available to adults essential in the lives of children experiencing grief. (www.kidsgrief.com/index.html)
- Growthhouse: a website devoted to helping children and young adults work through grief and serious illness. (www.growthhouse.org/childgrv.html)

Resources and contingency plans for schools

- A disaster and crisis management guidebook (www.ncef.org/pubs/edfacilities-disaster-management-guidebook-2007.pdf)
- A model school crisis management plan (www.doe.virginia.gov/VDOE/Instruction/model.html)
- A resource list for disaster preparedness and response for schools and universities (www.edfacilities.org/tl/disaster.cfm)
- Practical suggestions for educators (www.nasponline.org/resources/crisis_safety/neat_poland.aspx)
- School emergency planning (www.ed.gov/admins/lead/safety/emergencyplan/index.html)

Disaster plans in general

- Examples of disaster plans (<http://sul-server-2.stanford.edu/bytopic/disasters/plans>)

Books about loss which can be read to children

Grandad's Ashes

Walter Smith

Jessica Kingsley Publishers

Children Also Grieve

Talking About Death and Healing

Linda Goldman

Jessica Kingsley Publishers

Always and Forever

Alan Durant

Illustrated by Debi Giori

Corgi Children's Books

Grampa

John Burningham

Red Fox

What on Earth Do You Do when Someone Dies?

Trevor Romain and Elizabeth Verdick

Free Spirit Publishing Inc.

Badger's Parting Gifts

Susan Varley

Picture Lions

When Dinosaurs Die: a Guide to Understanding Death

Laurene Krasny Brown and Marc Brown

Little, Brown and Company

Michael Rosen's Sad Book
 Michael Rosen
 illustrated by Quentin Blake
 Walker Books Ltd

The Day the Sea Went Out and Never Came Back
 Margot Sunderland
 illustrated by Nicky Armstrong
 Speechmark

Helping Children with Loss: A Guidebook
 Margot Sunderland
 illustrated by Nicky Armstrong
 Speechmark

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