

Charities and organisations

Who can help with specialist support and advice.



support@childbereavementuk.org

Helpline: 08000288840



helpline@sands.org.uk

Helpline: 08081643332



info@cruse.org.uk

Helpline: 08088081677

There are many smaller charities based throughout the UK which support bereaved parents and siblings. If you use social media, there are also parent led groups for support from families who also have lost a child.

And always remember if your mental health is suffering **talk to your GP** who can access the right medical support.

Your rights

Entitlements by law, funeral help and benefit information.

Registering your child's death. Must be done within 5 days (8 Days Scotland). Includes weekends and holiday.

You must take the medical certificate and have permission from the coroner.

Sometimes the coroner needs to order a Post Mortem, this can delay a funeral. Only when the body is released can a funeral be held and if an inquest is required only then after the verdict can a death certificate be issued. More information of this can be found at www.gov.uk/after-a-death

Planning a funeral is daunting, average cost being £3,675. Price is depending on area, some counties don't charge for a child's funeral but some do.

The Co-Operative funeral care offer their services for no cost for children. There are also charities in many areas which help with costs and headstone costs.

Child benefit/Child tax credits must be informed within a month of the death and payments will continue for 8 weeks.

If your child was stillborn after 24 weeks, you will still get the allowed paid maternity leave.

Bereaved Parents

Information and support to help after losing a child.



Hope for Hunter (Lee, 2013)

*'A wife who loses a husband is called a widow.
A husband who loses a wife is called a widower.
A child who loses his parents is called an orphan.
There is no word for a parent who loses a child.
That's how awful the loss is.'*
Neugeboren (1976)

Each family, each individual grieves differently. This leaflet highlights some of the options to help your mental wellbeing after losing a child, as well as some practical information.

Stages of grief

'Grief is a natural response to losing someone you care about. There's no right or wrong way to grieve. Everyone's experiences of grief are individual. The important thing is to do what feels right for you' (Marie Curie, 2019)

The National Health Service (NHS) states that there are 4 stages of grieving according to experts.

Stage 1: Accepting your loss

Stage 2: Fully embracing the feeling of pain from the loss.

Stage 3: Adjusting your life, find your new sense of normal for you.

Stage 4: Move forward, start to learn to live with your loss and carry on your own life.

However, we all grieve differently. Only you know how you feel.

How are you feeling?

Angry

Guilty

In Shock

Sad

Confused

Exhausted

All those feelings are 'Normal'
(NHS, 2017)

Coping with loss

'Bereaved parents sometimes end up trying to fit in to what they feel is expected of them, rather than doing what feels right to them in the days, weeks and months after a child's death.' Moorhead (2014)

What support best suits you?
There is emotional and physical support for you to consider.

Counselling/Talking to specialist bereavement support. There is also a wide range of parent led support groups online. Your GP would also be able to refer you to the right medical support.

Making a memory box or scrap book. Use items that you have memories with or photos of meaning. If your child died in hospital, most hospitals would provide you with supplies to make footprints or to cut a lock of hair for remembrance.

If the sadness turns into depression and it feels like there is no end to the overwhelming feeling of loss and you have suicidal thoughts please seek help!



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Call Samaritans 24/7 support

Sibling support



'Sad child' (Hiden, 2007)

Depending on age, the siblings will grieve in their own way. Cruise bereavement support offers a helpful guide online to the age of a child and how they would react. www.cruise.org.uk/get-help-for-parents/childrens-understanding-of-death

WINSTON'S WISH

Winston's wish supports childhood bereavements.

www.winstonswish.org
Helpline: 08088020021

There are books available for siblings to read to help answer some questions they may have and help them understand their own feelings.

Some examples: Where's Jess? By Marvin Johnson, No new baby? By Marilyn Gryte and Muddles, puddles and sunshine by Diana Crossley

