

Bereavement support for children, young people & families

The outbreak of Covid-19 means that many aspects of children's 'normal' routines have been abruptly and significantly changed. Many children are now spending all their time at home with their initial family, and all children not able to have direct contact with their friends and wider family.

Our lives are currently dominated by discussion about the impact the virus is having.

TAMAT acknowledges this will be an anxious time for many children – they may have worries and questions about how the virus might affect them and those close to them, especially older members of their family and those already in poor health. There is an obvious chance that one or more of our community may lose someone they care about.

Child Bereavement UK has made a short film about [supporting bereaved children during the outbreak](#)

Winston's Wish has produced guidance on

- [talking to bereaved children about coronavirus](#)
- [telling a child that someone has died from coronavirus](#)

Cruse Bereavement Care has produced some [tips about talking to children](#) among their wider resources about [grief and coronavirus](#).

Saying goodbye and funerals

The requirements around social distancing mean that many won't be able to attend the funeral of a loved one during the outbreak. Below are some suggestions about other ways of saying goodbye:

[How to say goodbye when a funeral isn't possible](#), from Winston's Wish
[Guidance for families around funerals](#), from Nelson's Journey
[Organising a meaningful funeral](#) from Quaker Social Action