

COURSE CONTENT OVERVIEW

Child Bereavement Training



It can be difficult to know how to support a child in school after they have suffered from bereavement – children’s grief often looks different to that of adults, with complex emotions manifesting themselves in a variety of ways. Teachers or other education professionals may find themselves unsure as to the best way for them to help the child, where to go for helpful resources, and what best practice is for informing other students of the event.

This child bereavement training course is designed specifically for those who work in an educational setting – it explains what your role is amidst the bigger picture, and walks you through the issues that you might encounter, as well as the best strategies to use in response (with reference to further useful resources that you have access to, should you need them). It also provides guidance on how to support yourself and other staff during this difficult time, and goes into particular detail about bereavement and the COVID-19 pandemic.

Module One: Introduction

This module introduces the topic of bereavement, explaining how it may affect children, and the role of the school during this period.

- Responses to bereavement
- Impact of bereavement on children
- Signs of bereavement
- Models of bereavement
- Factors affecting bereavement
- Complicated grief
- The role of school
- Critical incidents

Module Two: Supporting Students

This module looks at strategies that you can use to support bereaved pupils and their parents or carers, as well as ways to inform their peers of the bereavement.

- Breaking sad news
- Returning to school
- Special assemblies
- Supporting parents and carers
- Supporting bereaved pupils
- Supporting pupils with SEND
- Setting up bereavement support groups
- Practical ideas to help bereaved pupils

Module Three: Supporting Students: Continued

This module discusses how different causes of bereavement can lead to different challenges for a child or young person to face, and gives specific advice for each instance.

- Pre-bereavement
- Life-threatening illness of a student
- Bereavement by suicide
- Children with family in the Armed Forces
- Bereavement by violent death
- Frightening events, including local and world events
- Returning to school
- Bereavement and social media
- Bereavement and different cultures

Module Four: Supporting Yourself and Other Staff

This module teaches you how to support yourself and other staff whilst dealing with a bereaved child or young person, so that you do not become overwhelmed.

- Sharing your feelings
- Setting boundaries
- Anticipating emotional reactions
- Self-care (psychological, physical, and professional)
- Being realistic
- Key points for action

Module Five: Bereavement and COVID-19

The final module provides guidance on bereavement during the COVID-19 pandemic, including how to support children during the current restrictions, and how to answer difficult questions about coronavirus.

- What is COVID-19?
- Current restrictions
- COVID-19, loss and bereavement
- Cognitive development in children
- Supporting students
- Regular communication
- Explaining death due to COVID-19
- Saying goodbye

Aims of the training

By completing this training, you will:

- Understand what bereavement is, and understand how children grieve.
- Understand what the grief cycle is.
- Know how you can support bereaved pupils.
- Know strategies to help children cope with death within the school community.
- Know how you can reassure and provide guidance to their peers, teachers and families.
- Know how to support bereaved children in specific incidences of bereavement.
- Know how to support yourself and other staff when dealing with a bereaved child.
- Know how to support those experiencing bereavement during the COVID-19 pandemic.