

MEMORIALS

A practical guide to help you say goodbye to loved ones after these challenging times

Covid-19 Pandemic is impacting on bereaved peoples' ability to grieve. While the death of a loved one can be traumatic at any time, it is proving to be particularly difficult during this time and it may have meant that grieving has been "put on hold". The restrictions put in place have meant many more people have been unable to say goodbye to loved ones. Remember you are not alone in this. Hopefully this guide will give you some ideas of ways to start, or to continue, your journey of grief. Please get in touch if you want further support

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*"HOW LUCKY I AM TO
HAVE SOMETHING THAT
MAKES SAYING GOODBYE
SO HARD" - A.A. MILNE
(WINNIE THE POOH)*



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IDEAS FOR YOUR SOCIALLY DISTANT MEMORIAL



Each person finds a poem/book/song/movie that reminds them of the person and talks about it



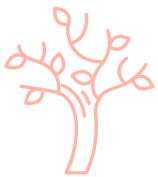
Everyone could get together to do something for a charity that the person valued in life



Everyone shares their favourite memory of the person



A memorial slideshow of favourite memories and moments that everyone can send pictures to make



Ceremonial planting of a tree



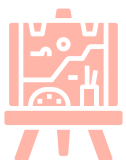
For a child's memorial, everyone could bring a toy to be donated to a charity or hospital afterwards



Starting a scholarship, especially if the special person is a parent and has children who may need financial help with school or university



A walk around a town, focusing on places important to the person who died



An outdoor painting activity where everyone paints their favourite memory or something that reminds them of the special person

[Download and share Memoria](#)



WHAT MAY BE HARD & WHAT MIGHT HELP

Mixed Emotions

Memorials are normally times of a coming together of family, friends and a community

Be prepared for you and your child to have many mixed emotions

You may be excited to see people that you may not have seen for a long time, but also worried about not being able to comfort them

Your child may feel excited to see them, sad about not being able to be close or comforted by relatives and worried about more people dying

Arrange to meet outside, at a distance and with relevant PPE

Having a common theme or colour will help create a sense of 'togetherness'

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WHAT MAY BE HARD & WHAT MIGHT HELP

What & Where

Some people may have strong views about what they think should happen and when

Try to find ways for everyone to have their views heard and needs understood, without causing upset to them or yourself

You could hold it on a particular place important to the special person or on the next special or relevant date to them, such as the anniversary of their death or birthday

Remember to involve children in the decision making and even make them responsible for a small part; choosing the colour, reading a poem or creating a playlist

Ask someone to take and collate photo and videos of the memorial to capture the moment and help children remember the day to help their grieving journey later on

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WHAT MAY BE HARD & WHAT MIGHT HELP

When they can't be there

Families and individuals may not be able to attend for many reasons; due to restrictions on travel, illness, anxiety, shielding or they may not feel like they want to

Having a way they can virtually be there is a safe way they can attend and feel part of the memorial

Schedule the date / time and share the invite to guests via Zoom or other app

Delegate responsibility of overseeing this on the day to someone

Record this or live stream to share with others and children when they want to

Ask if they would like to record or write a message or memory to share or save

You, or ask someone, to call them afterwards to let them know how it went and to share both of your memories



IDEAS FOR YOUR OWN MEMORIAL WHEN YOU CAN'T ATTEND

TOP 10

- 01 Create a memory book or jar
with stories and memories from other people too
- 02 Writing poems
- 03 Commissioning a seat
in their name either a bench or a chair in a theatre
- 04 Preparing speeches
- 05 Throw flowers or petals
into the sea or river
- 06 Naming a star after them
- 07 Finding a memorial tree
maybe a plaque or putting flowers there
- 08 Making kites with person's name
and then flying them
- 09 Support a cause close to their heart
- 10 Creating photo-albums
scrapbooks, or mood-boards of their favourite things

WHAT MAY BE HARD & WHAT MIGHT HELP

Checking In

Memorials are hard. You will need to make time for your grief as well as that of your child

Be prepared that you may need someone to support you, and someone to help support your child

Check that they understand

- what is going to happen
- why you are holding a memorial
- what just happened (at the end)

and give them opportunities to ask questions before, during and after

Offer them this prompt card to use:

Has someone important to you died?

Ideas to give your parent or carer

People cope in all sorts of ways when someone dies. Sometimes others want to help you in your grief, but aren't sure how. Here are some suggestions from other bereaved young people about ways your parent or carer could support you. Tick the ones you think would help at the moment, and give it to your parent or carer to help start the conversation.

<input type="checkbox"/> Talk to me honestly and explain what has happened in a way I can understand	<input type="checkbox"/> Help me start a memory box or book	<input type="checkbox"/> Give me space but talk to me if you are worried I'm not eating properly or I'm having sleep or other difficulties	<input type="checkbox"/> Give me a hug
<input type="checkbox"/> Talk to me about the funeral and how I can be involved, even if I can't be there	<input type="checkbox"/> Help me keep memories alive by talking and remembering	<input type="checkbox"/> Notice if I am feeling lonely and find out about groups and resources for me	<input type="checkbox"/> Arrange for me or us to get extra help if I am feeling overwhelmed or I feel I can't talk to you
<input type="checkbox"/> Make sure school knows about my loss	<input type="checkbox"/> Remind me I am not to blame and it's not my fault. I may need to talk about this	<input type="checkbox"/> Help me to have fun and laugh sometimes. This doesn't mean I'm 'over it'	<input type="checkbox"/> Please try

With thanks to young people and Seasons for Growth trainers at the Notre Dame Centre in Glasgow.
Published by the Childhood Bereavement Network at the National Children's Bureau reg. charity 258825
For more ideas and local and national support organisations, visit www.childhoodbereavementnetwork.org.uk

 Childhood Bereavement Network
 NATIONAL CHILDREN'S BUREAU
Part of the family

A black and white photograph of a child wearing a dark raincoat and a white hat, standing in the rain. The rain is falling heavily, creating a blurred background.

WHY & HOW TO TALK ABOUT DEATH WITH CHILDREN AND YOUNG PEOPLE



Information about how to approach these conversations with children, how to answer the trickier questions and why we shouldn't feel afraid to talk to about death or dying



How to talk to a child about death

It's important to talk to children when someone close to them has died. Here are common questions that children will ask and some answers you can use.

☀ Maria Curie

This is about how children may ask certain questions about death and how to tackle them

www.mariecurie.org.uk/blog/10-questions-children-ask-about-death-dying/142040



This article helps to normalise death and talks about how grieving hurts but is a necessary process to go through to heal and learn how to carry on living. The best bit is it answers their questions in a way that children can understand it

<https://kidshealth.org/en/kids/somedie.html>



A brilliant go-to guide to support you understanding your child's grief, how to support them through it and how to help them prepare for saying goodbye

<https://www.simonsays.org.uk/wp-content/uploads/2020/01/e11895-sims26-a5-bereavement-support-booklet-jan2020.pdf>



A physician explains the afterlife to his child

Though I work in a pediatric emergency department, I am fortunate that this doesn't come up too often.

KevinMD.com / Aug 21, 2018

This is a really lovely conversation that a father has with his son and it's not only sweet but also shows the importance of being child-led and only answering the question they have asked- particularly special was how he let his child cry because exploring these emotions is important

www.kevinmd.com/blog/2018/08/a-physician-explains-the-afterlife-to-his-child.html



This booklet has created with the young people from our YPG group to offer some hope and understanding to those young people who know someone close who has died or is dying

<https://www.simonsays.org.uk/wp-content/uploads/2019/08/66074-sims20-a5-bereavement-support-booklet-hires1.pdf>



Sometimes children can end up worrying about if they're going to die shortly after a loved one dies and this is a reassuring video for **older children** about why they shouldn't fear death

www.youtube.com/watch?v=YvZdXRP6Tig