

Remembering

Rowan the meerkat

Here to support
children, young people
and
their families



It is important that people are able to talk about and remember someone after they have died. For children, opportunities to remember can assist in maintaining a special relationship with that person, which is likely to have a positive impact on their future emotional development.

For all of you, some days will feel harder than others. However, there are particular occasions and anniversaries that may intensify these feelings.

We have listed some ideas of different practical ways to remember people. These may be useful to do at any time but also to keep in mind for days such as birthdays, Mothers' Day, Fathers' Day and at Christmas.

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Rowan's Meerkat Service

All our services are provided free of charge. Charity No: 299731

Please keep in contact with your child's school. It will help them to provide the appropriate support if they are aware of any particular anniversaries or occasions that may be difficult for your child.

Below are some suggested activities that you, another relative, friend or the school might like to support your child in doing.

★ Take a special card to their grave, or to where their ashes were buried or scattered

★ Tie a card or a special message to a helium balloon and let it go into the sky

★ Plant some bulbs or a plant in a place that holds special memories of the person who died

★ Make or buy a new frame for your favourite photograph

★ Write them a letter, poem or a song

★ At Christmas time, decorate shatterproof baubles using glitter and glue. You could put the name of the person who died on the bauble or a picture of something they liked. When the decorations are put away, you could decorate a box to keep it in until the following year.

