

THE CHARTER FOR BEREAVED CHILDREN

Winston's Wish supports children, young people and their families after the death of a parent or sibling. This charter is based on our conversations with thousands of children and their families, who have told us what gave them hope after bereavement.

B

Bereavement support

Bereaved children need to receive support from their family, from their school and from important people around them.

E

Express feelings and thoughts

Bereaved children should be helped to find appropriate ways to express all their feelings and thoughts associated with grief - such as sadness, anxiety, confusion, anger and guilt.

R

Remember the person who has died

Bereaved children have the right to remember the person who has died for the rest of their lives; sharing special as well as difficult memories.

E

Education and information

Bereaved children need and are entitled to receive answers to their questions and information that clearly explains what has happened, why it has happened and what will be happening.

A

Appropriate response from schools and colleges

Bereaved children need understanding and support from their teachers and fellow students without having to ask for it.

V

Voice in important decisions

Bereaved children should be given the choice about their involvement in important decisions that have an impact on their lives, such as planning the funeral and remembering anniversaries.

E

Everyone involved

Bereaved children should receive support which includes their parents or carers, and wider family.

M

Meet others

Bereaved children benefit from the opportunity to meet other children who have had similar experiences.

E

Established routines

Bereaved children should, whenever possible, be able to continue activities and interests so that parts of their lives can still feel 'normal'.

N

Not to blame

Bereaved children should be helped to understand that they are not responsible, and not to blame, for the death.

T

Tell the story

Bereaved children are helped by being encouraged to tell the story of what has happened in a variety of ways. These stories need to be heard by those important people in their lives.

Helpline: 08088 020 021
winstonswish.org

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Giving hope to grieving children