



FREQUENTLY ASKED QUESTIONS

For parents and carers

**WINSTON'S
WISH** **WW**

Giving hope to grieving children

WHAT IS THE ASK ME: EDUCATION BEREAVEMENT PLAN

Grief is unique to every child and young person and so the support they are offered needs to be too. The easiest way to determine what is best for children and young person is simply to ask them and the Ask Me: Education Bereavement Plan, written by young people, for young people, is designed to help you to ensure that education professionals do just that.

The plan is a guide to a conversation about how best to support your child in the stages of pre, and post, bereavement. This plan does not just need to be completed immediately after a bereavement, but at any time during the child's education journey.

DO I HAVE TO SHARE ALL OUR PERSONAL INFORMATION?

You only need to share what information you think is important for those in education to know, in order to best support your child with their bereavement. Some parents might choose to share a lot of detail about a person's illness or death, whereas others may choose to give a brief overview of the main points. Education staff will guide you through the conversation but will not make you share anything you are not comfortable with.

WHAT CAN I DO IF I DON'T KNOW WHAT MY CHILD NEEDS?

It's normal to find it hard to think about what your child may need, particularly in the early days. The conversation can be guided by what you know about your child and can be added to at any time. The Bereavement Plan can be completed in several sessions and it can also be used as a space to collect observations and additional information that might come informally at a later date.

If you feel that you'd like to explore more ideas or share any difficulties that your child is having and get advice you can contact Winston's Wish support services here: 08088 020 021



HOW WILL MY CHILD BE INVOLVED IN THE PLAN?

For those children who are very young, or with additional needs, we have included a Child Booklet for them to share their views in creative ways. They may choose to draw a simple picture, write a few words or education staff can use this as a space to record observations.

The plan can be used and adapted in any way to best suit the needs of the young person, so feel free to work at their pace using creative resources as needed – this can be as messy as they like!

CAN I CHANGE WHAT I WRITE ON THE PLAN?

Yes! The Bereavement Plan is designed to be a flexible document that adapts and changes with your child, and their experience of grief. It's designed to be reviewed and amended as your observations and conversations offer more insight into your child's experience of grief.



WE ARE HERE TO HELP

If you require assistance with any aspect of this guide or would like more information about supporting bereaved children and young people, please contact us:

On our Freephone National Helpline during office hours: 08088 020 021 or email us at ask@winstonswish.org

Take a look at our website: winstonswish.org to contact us by Live Chat and for more information about our resources and guidance.

Text or WhatsApp us on 07418 341 800 (check website for opening times).

A range of specialist publications are available to buy through the Winston's Wish website shop.winstonswish.org



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