



Theme: Coping with Bereavement

Theme exploration:

Badger's Parting Gifts provides young children with a means to understand grief, encouraging open conversation and sharing emotions. Bereaved children value and need the time that a trusted adult can give, and this book helps by encouraging conversations and the expression of feelings.

Before reading this book to a child, it is suggested that you read it to prepare yourself for any pages that might be particularly difficult, and to anticipate any questions the child may ask and how you will respond.

It is very important to continue to talk about the person who has died. They are an important part of your child's life. Badger's friends continue to think and talk about Badger.

Child Bereavement UK's information sheet Badger's Parting Gifts: Talking With and Supporting Bereaved Children, can be found at www.childbereavementuk.org by following the links under Support and Information / Books, films and resources.

You can help your child by sharing your feelings; children learn to grieve from the adults around them. If you as parents are open about your feelings your children are likely to be also. Anger is a normal expression of grief that your children may experience. Sometimes it helps to talk to a friend who isn't themselves emotionally involved.

Christians believe that when they die they will go and be with Jesus, The Bible says 'Jesus, himself, has prepared a special place in Heaven for each of us!' (John 14:1-3).

Grief is a very powerful emotion and everyone is unique in how they express their grief. A helpful article on the stages of grief can be found here <https://www.sueryder.org/how-we-can-help/someone-close-to-me-has-died/advice-and-support/how-long-does-grief-last>

1 Peter 5:7

"Give all your worries and cares to God, for he cares about you."

Biblical Reference:

Matthew 5:4

"Blessed are those who mourn, for they shall be comforted".

Inspiration ...

If you do not have this book, you could borrow it from the library or watch a re-telling of the story on YouTube or find another story using an internet search.

<https://youtu.be/tRTRABhJTbo>

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Things which may help:

- Try to continue with normal standards of behaviour but 'normality with compassion'.
- Talk about the person who has died and develop a memory box/book together.
- Spend quality time together as a family.
- Seek assistance from your friends and local church.
- See if another book may help you child. An internet search will help identify some.
- See if other organisations like 'Child Bereavement' (see above) or 'Winston's Wish' can help you further <https://www.winstonswish.org/>



We believe in the power of prayer

A prayer for you to pray for your family:

Lord God, be with our family as we grieve for Help us to remember the good times we had together. Amen.

A prayer we pray for you as parents:

Dear God as these parents grieve, show them the depth of your love and compassion, as they help their family through the grieving process. Amen