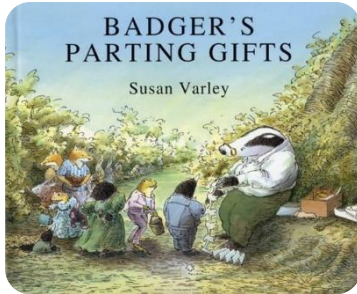


Coping with Bereavement

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

Matthew 5:4



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>

"Give all your worries and cares to God, for he cares about you." 1 Peter 5:7

Things which might 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 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

~~If you do not have the book, you can borrow it from the library or watch a re-telling of the story on [You-Tube](#) or find another story using an internet search.~~