

Resource Title	Summary of content	Link to resource
Child Bereavement UK 'Supporting bereaved children through difficult times' Film	4-minute information video for adults to support bereaved children/young people. Key advice: talk, be honest, acknowledge concerns, create routines and get support.	https://www.childbereavementuk.org/coronavirus-supporting-children
Child Bereavement UK 'Supporting bereaved children through difficult times' Information Sheet	The same information as above in written form. Also contains a link to 'Children's understanding of death at different ages'.	https://www.childbereavementuk.org/Handlers/Download.ashx?IDMF=bc9f3d7d-7b43-421a-8ed4-4335f9c23b35
Child Bereavement Network 'Keeping in touch when you can't be with someone who is so ill that they might die' Guide	Short guide for staying connected during social distancing with relatives who may die. Useful list of ideas, e.g. phones, tablets, recording a message/sounds of home, listening to music, writing a message, arts and crafts etc. Link: Little Box of Big Thoughts activity.	http://www.childhoodbereavementnetwork.org.uk/media/102504/Keeping-in-touch.pdf
Winston's Wish 'Coronavirus: supporting bereaved children and young people' Advice	Webpage advice for adults to support children/young people during coronavirus. Key advice: acknowledge their worries, reassure child, talk to them about coronavirus, share memories, look after yourself and links to further support.	https://www.winstonswish.org/coronavirus-supporting-bereaved-children-and-young-people/
Winston's Wish: 'How to tell children and young people that someone is seriously ill' Advice	Webpage advice for adults around telling children/young people that someone they love is seriously ill. Encourages adults not to try and shield children from news and instead to be open and honest with them whilst also offering reassurance. Key advice: what to consider when talking to CYP (e.g. age), key information to include (e.g. name of illness), the right words to use, typical child reactions to this news, importance of looking after yourself and seeking support.	https://www.winstonswish.org/telling-children-young-people-serious-illness/
Winston's Wish: 'How to tell a child or young person that someone has died from coronavirus' Advice	Webpage advice for adults telling children/young people that someone they love has died. Key advice: language to use (simple, direct), checking understanding, repeating explanations, offering reassurance, examples of ways to explain this to CYP – general and COVID-specific, balancing truth and reassurance.	https://www.winstonswish.org/telling-a-child-someone-died-from-coronavirus/
Cruse Bereavement Care: 'Coronavirus and Young People' Advice	Webpage advice for adults talking to children/young people about coronavirus.	https://www.cruse.org.uk/coronavirus/children-and-young-people
Cruse Bereavement Care: 'Coronavirus: grieving and isolation' Advice	Webpage advice around the impact of isolation on the grieving process, tips for how you can help yourself (staying connected, looking after yourself, maintaining routines, normalising emotions) and how you can help others (being present with someone in their grief, staying in contact, seeking additional guidance).	https://www.cruse.org.uk/coronavirus/grieving-and-isolation
Cruse Bereavement Care: 'Coronavirus: grief and trauma' Advice	Webpage advice around the impact of traumatic bereavements caused by coronavirus on the grief process (sudden, no chance to say goodbye, current lack of certainty leading to further angst and distress), tips for how you can help yourself (staying connected, seeking help when needed through GP/specialist services), and how you can help other people (staying connected, letting people talk about their feelings).	https://www.cruse.org.uk/coronavirus/trauma
Cruse Bereavement Care: 'Coronavirus:	Webpage advice around the impact of coronavirus on funerals, cremations and wakes. National guidance on	https://www.cruse.org.uk/coronavirus/funerals

<p>funerals and memorials' Advice</p>	<p>funerals (crematorium/graveside only, immediate family of up to 10 members, keeping 2m between relatives), who to speak to when planning a funeral (funeral director/celebrant, discussing live stream/recording of service for those unable to attend, marking the occasion in other ways (sharing memories, online gatherings)).</p>	
<p>Nelson's Journey: 'Coronavirus: Guidance for families around funerals' Advice</p>	<p>Webpage advice for families around funerals, aimed at parents of CYP who have experienced recent death and need extra support. Key advice: saying goodbye (attending funeral, writing a letter/drawing to put into the coffin, arranging the funeral (asking questions and understanding process), the funeral (if unable to attend, draw family tree to demonstrate who qualifies as 'immediate family'- explaining why they are able to attend, as well as others who are not able to attend), flowers (unable to order currently due to disruption in service – encourage child making art and craft flowers), remembering (several ideas for this) and importance of reassuring child.</p>	<p>http://www.nelsonsjourney.org.uk/covid-19-funeralguidance/</p>