



Mother's Day thoughts for teachers: Supporting Bereaved Children

Making a Mother's Day card in class can be an enjoyable activity for many children and indeed it may be for some children who are grieving the death of their mother, but it does require a very sensitive approach.

If you are thinking about doing an activity to celebrate Mother's Day, have a quiet word with a bereaved child and their parent or guardian to let them know what will be happening. Doing this in advance will give them some time to think.

Invite them to decide if they would like to be part of the class activity or not. If they do not wish to participate, respect their decision and perhaps

offer them an alternate enjoyable activity. It is also valuable to allow siblings in the same class to make different choices about this.

If a child decides to participate, it is generally helpful not to focus too much on them; they will already be feeling different from their peers and will not welcome too much extra attention. Be mindful for a child who may become upset while doing this activity, a kind and gentle response will normally help the child with the emotion that has come to the surface.

Remember that grief is an ongoing journey for bereaved children, so these issues are relevant to them for many years after the death. The most important thing is to always give children a choice.

www.childhoodbereavement.ie