

# Advice Line Q&A

## Child who has had a bereavement

### Question

I was wanting to ask if you could direct me to any resources for a child whose birth mother has died, after not being in contact for a number of years.

### Answer

Below are some resources you may find useful, some of these are for professionals/adults and some for children. The organisations mentioned here would also have resources they can recommend.

Vera Fahlberg's book '[A child's journey through placement](#)', which most children's services probably have a copy of, is worth referring to for all issues relating to loss and grief. You can find this via our bookshop here: <https://corambaaf.org.uk/books/childs-journey-through-placement>.

There are a number of bereavement charities that would also have resources. Nowadays they are familiar with the complexities of families, family breakdown and relationships and would not assume that 'grandparent' (or parent, or any other relationship) has a direct and/or uncomplicated relationship with the child. They will also be familiar with complicated grief, such as that experienced by people who have previously 'lost' the person they are now grieving. So perhaps:

- [Childhood Bereavement Network](#) (for professionals supporting a bereaved child)
- [Child Bereavement UK](#) (resources for public and professionals)
- [Cruse Bereavement Care](#) has resources for bereaved children, they also have a website for young people <https://www.hopeagain.org.uk/> which may be worth checking out.

The Childhood Trauma Network has done a lot of work recently on traumatic grief. Children who have had previous experiences of loss and trauma may be more likely to experience traumatic grief, as well as those whose loved ones have died in traumatic circumstances.

- <https://uktraumacouncil.org/resource/traumatic-bereavement-guide-for-children-young-people>
- <https://uktraumacouncil.org/resources/traumatic-bereavement>

CoramBAAF publishes a few children's books that may be of relevance, though we don't publish anything specifically for children dealing with bereavement (the other organisations listed here are likely to have suggestions).

You might consider the following:

- 'Morris and the bundle of worries' <https://corambaaf.org.uk/books/morris-and-bundle-worries>
- 'Where is Poppy's Panda' - <https://corambaaf.org.uk/books/where-poppys-panda>
- 'Elfa and the box of memories' <https://corambaaf.org.uk/books/elfa-and-box-memories>

Although these only touch on bereavement, they may be more suitable further along the line depending on the age of child.