

Coping with the Queen's Death Taking Care of Children and Ourselves



The Queen will be missed by many people as she has been in our lives for so long. We may be feeling sad for her family who have lost a beloved mother, grandmother and great – grandmother. It can be surprising to feel sad for someone that we did not know.

There will be a lot of talk about the Queen's life and her death on the radio, the television, social media and in everyday conversation. This may bring up difficult feelings for lots of us. If you or the children you care for are finding it hard, that's ok.

The death of an important person can affect both children and adults:

- This could be a person's first experience of death.
- They may not understand death, depending on their age/developmental stage.
- It may bring up difficult feelings relating to the death of a loved one.
- It is important to take time to look after yourself and the children you care for.
- Day to day routines may be disrupted.

Taking care of children and young people

Children may feel a range of emotions. Adults can support children by:

- Listening to what they say they are feeling and provide reassurance that it is okay.
- Being honest and using clear language. Avoiding using phrases such as 'gone to sleep' as it can be confusing.
- Creating opportunities to remember the Queen, her life and her work.
- Being aware that the Queen's death might make children worry about people they know dying. Offer reassurance without making promises.

Taking care of yourself

It is important to look after your own emotions and feelings of grief before managing a child's emotions. Consider the following:

- Allow yourself some time to acknowledge and accept your own emotions.
- Plan some time to engage in an activity you enjoy for example: talking to a friend, going for a walk, listening to music.
- Take a break from the news and social media.



Enfield Council pays tribute to Her Majesty The Queen

1926-2022

Coping with the Queen's Death Advice, Help and Risk Support



Advice

Book Trust: [Books on loss and grief](#)
Cruse Bereavement Support: [Grief for Her Majesty the Queen](#)
Cruse Bereavement Support: [Someone you didn't know](#)
Place2Be: [Supporting your child when someone well-known dies](#)
Visual supports: ['The Queen has Died Story'](#)
Winston's Wish: [How to talk to children about the death of the Queen](#)

Advice and Help

Child Bereavement UK
Childline
Cruse
Good Thinking

Kooth
Samaritans
Winston's Wish
Young Minds

Getting More Help and Risk Support

If you are worried about your or your child's mental health talk to your GP or call 111 for non-emergency advice

If you are worried about your immediate safety call 999
CAMHS: 24-hour Crisis Telephone Service: 0800 151 0023

[The Mix](#) : 0808 808 4994

[Papyrus](#): 0800 068 4141

Reference: Winston's Wish, 2022, *How to talk to children about the death of the queen*, 09/09/22, <https://www.winstonswish.org/talk-to-children-about-death-of-queen/>



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