



  
Victim Support Scotland

# Support For Families Bereaved by Crime Service

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Bereavement Resources for  
Children and Young People



## Who are we?

The Support For Families Bereaved by Crime Service (SFBC) is a specialised team that works within Victim Support Scotland.

We provide emotional and practical support to families affected by murder and culpable homicide in Scotland.

## What are Bereavement Resources?

The bereavement resources are an additional source of support for families of children and young people experiencing a traumatic death.

## The purpose of the Bereavement Resources

- To provide encouragement and support for parents or carers to start conversations with children and young people about grief and loss.
- To help children and young people feel safe and supported.





## Mindfulness and Breathing

SEE

HEAR



TOUCH

Learning mindfulness techniques can help improve children's long term mental health and well-being, mood, self-esteem and self-regulation.

For all ages.

[www.thecalmclassroom.org/](http://www.thecalmclassroom.org/)



## Mindful Kin – Worry Stones

SEE



TOUCH

A worry stone is for all ages.

Holding one in the palm of the hand and rubbing the smooth groove provides comfort during times of anxiety/stress.

For children 6 years and over

[www.instagram.com/mindful\\_kin/](https://www.instagram.com/mindful_kin/)



## Mind Panda – Stress Balls

SMELL



TOUCH

Stress Balls can help manage your mental health and practice mindfulness.

Each ball has it's own scent and tension.

For older children.

[www.mindpanda.com](http://www.mindpanda.com)



## Spacemasks

SMELL



TOUCH

Air-activated, self-heating mask infused with jasmine for whenever you need a helpful hand getting to sleep.

Can ease tired eyes and tension headaches.  
For older children.

[www.spacemasks.com/](http://www.spacemasks.com/)



## Liv and Caro

SEE



TOUCH

Bracelets designed to remind children and young people to hold on to hope, have the courage to be brave and to ask for support when they need it.

For children 6 years and over.

[www.instagram.com/liv.and.caro/](http://www.instagram.com/liv.and.caro/)



## Kabloom – Seedbom

SMELL



TOUCH

SEE

To plant and watch it grow. Forget-me-nots can symbolise a promise that you will always remember them and will keep them in your thoughts.

For any age.

[www.kabloom.co.uk/seedboms/](http://www.kabloom.co.uk/seedboms/)



## AirDoh Infusions

SEE

SMELL



TOUCH

Airdoh is mouldable aromatherapy dough. As you play with it you inhale a blend of natural essential oils which are designed to have a soothing and calming effect on the mind.

For children 12 years and over.



## WorryWoos

SEE



TOUCH

WorryWoos enable young children with all types of personal issues to talk about their emotions and understand that they are not alone.

For younger children.

[www.worrywoos.com/sel-at-home](http://www.worrywoos.com/sel-at-home)





## Emotions Deck



SEE

TOUCH

30 descriptive cards to help young children recognise and understand common emotions.

For any age.

[www.thecalmclassroom.org](http://www.thecalmclassroom.org)



## Pocky Ball



SEE

TOUCH

The Pocky Ball can help improve children's focus, anxiety, develop coping strategies, and assist in keeping children active and fit and away from screens.

For children age 4 and over.

[www.pockyball-uk.com](http://www.pockyball-uk.com)





## Grief Journal

SEE



TOUCH

This Grief Journal is designed to not only help connect to children after a bereavement, but also to aid them to gradually go through their grief process in a loving and gentle way.

For children age 6–13 years.

[www.mindfulchamps.com/](http://www.mindfulchamps.com/)



## Happy Self Journal

SEE



TOUCH

This daily journal is based on scientifically proven methods that promote happiness and develop positive habits and mindset.

For teens age 12+

[www.happyselfjournal.com/](http://www.happyselfjournal.com/)



# Teenage Grief Journal

SEE

TOUCH

This teenage journal is filled with creative ways to open a dialogue with grief and includes encouragement, self-care exercises, and daily tools which help teenagers to tell their whole story.

For teens.

[www.refugeingrief.com/grief-journal/](http://www.refugeingrief.com/grief-journal/)



# Weird is Normal Book

SEE

TOUCH

A self-help book for grieving teens written by an actively grieving teen to help reassure teenagers that the range of emotions they experience while grieving is completely normal and that teen grief is often overlooked.

For teens.





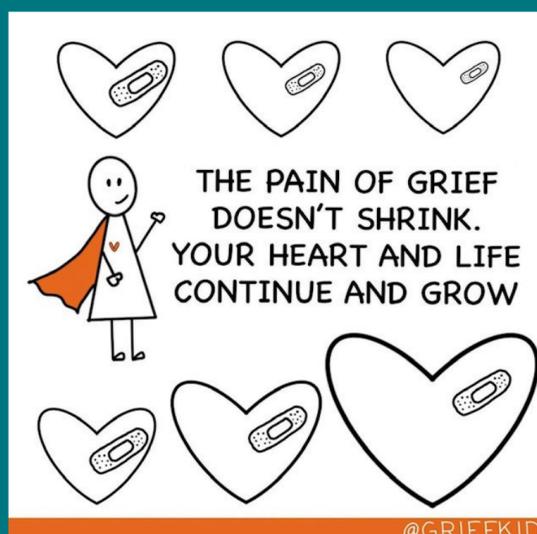
# Hope Beyond the Headlines



## Parent/Carer Resource

This specialist book by Winston's Wish offers practical advice for families in the immediate days, weeks and months following a murder. Written for both parents and professionals, giving them the confidence to involve children and young people in understanding and managing the particular difficulties and complexities that so often surround a death by murder or culpable homicide. This resource includes child-friendly activities to do with children or as a family to help them to make sense of what has happened and to begin to express their grief.

<https://www.winstonswish.org/about-us/>





# You just don't understand



## Parent/Carer Resource

This specialist book by Winston's Wish offers practical advice for families supporting bereaved teenagers. It aims to help you understand normal adolescent development, and to recognise the additional problems teenagers may face if someone important dies during these years. Includes information and guidance to help you to consider how to respond to the individual needs of a bereaved teenager, plus activities to engage them, help them cope and look forward.

<https://www.winstonswish.org/about-us/>



IT'S NOT ABOUT  
GETTING OVER IT,  
IT'S ABOUT LEARNING  
TO LIVE WITH IT!



@GRIEFKID

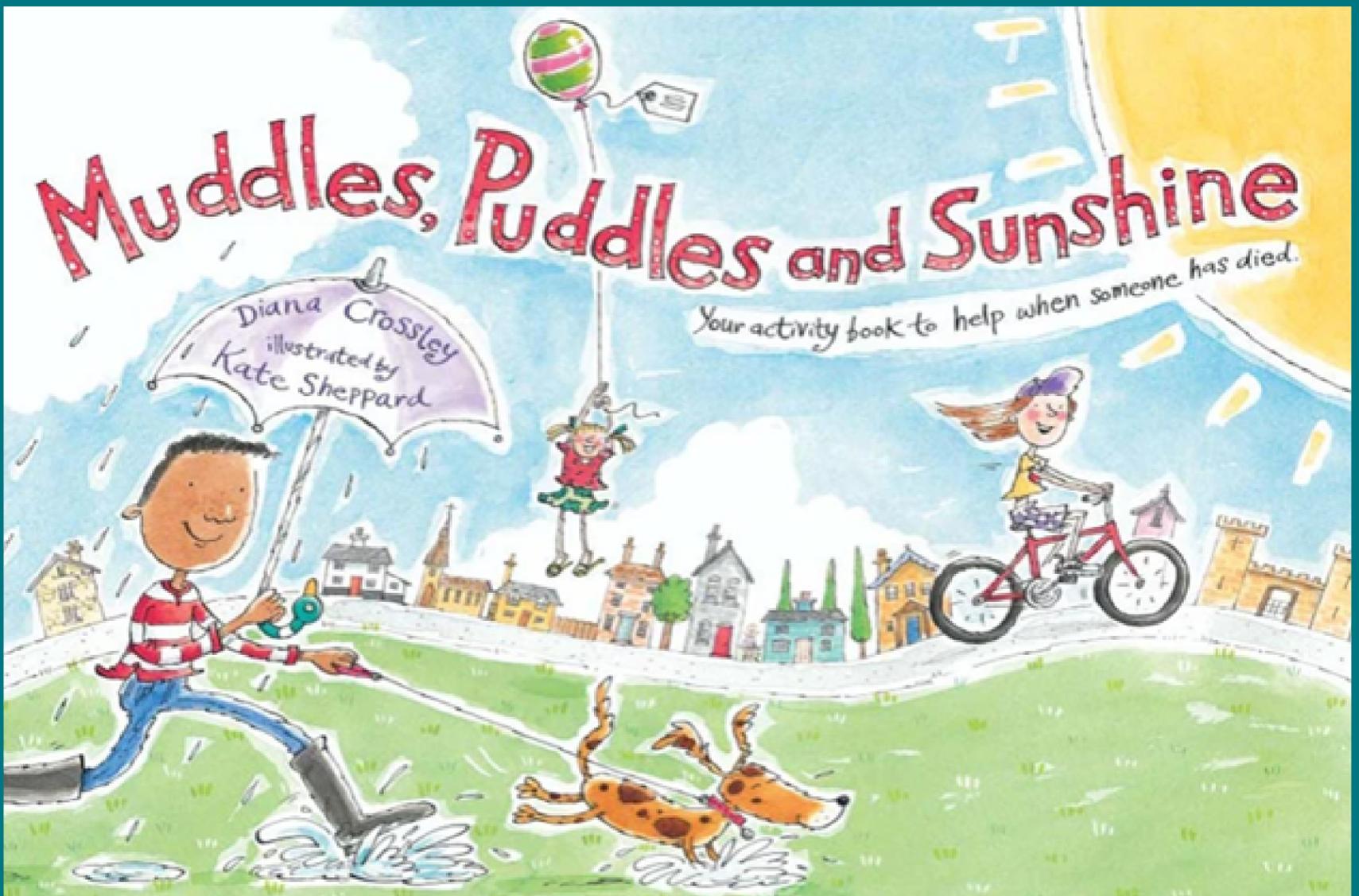


# 🌸 Muddles, Puddles and Sunshine Book 🌸

## Parent/Carer Resource

This hardback activity book by Winston's Wish offers invaluable practical and sensitive support for bereaved younger children. The book offers a structure and an outlet for the many difficult feelings which inevitably follow when someone dies. It aims to help children make sense of their experience by reflecting on the different aspects of their grief. At the same time, the book manages to find a balance between remembering the person who has died and having fun.

<https://www.winstonswish.org/about-us/>





# Never too Young to Grieve



## Parent/Carer Resource

Supporting children under five after the death of a parent.

This specialist book by Winston's Wish is designed for parents, carers, childcare professionals and other adults supporting children under five who have experienced the death of a parent or carer. It offers information, ideas and activities to help young children following a bereavement and covers a range of issues that may affect a child when their parent dies.

<https://www.winstonswish.org/about-us/>





# Support from your Key Worker



## Children aged 11 years old and under

Your Key Worker will provide direct support to you as the parent/carer of the child and help you recognise the symptoms of trauma.

## Children aged 12–15 years old

Anyone between the ages of 12 and 15 years old can receive direct support from a Key Worker.

This means that we can talk with the young person without the need for a parent/carer to be present. However, if a young person is receiving support from us, we must inform their parent/carer that they are receiving support from our organisation.

For further information or support email:  
[sfbc@victimsupportsco.org.uk](mailto:sfbc@victimsupportsco.org.uk)





With thanks to the following organisations:



MindPanda®

mindful kin.



Megan Devine (Author)



MINDFUL CHAMPS

Spacemasks



The Calm Classroom @thcalmclassroom



Jenny Lee Wheeler (Author)



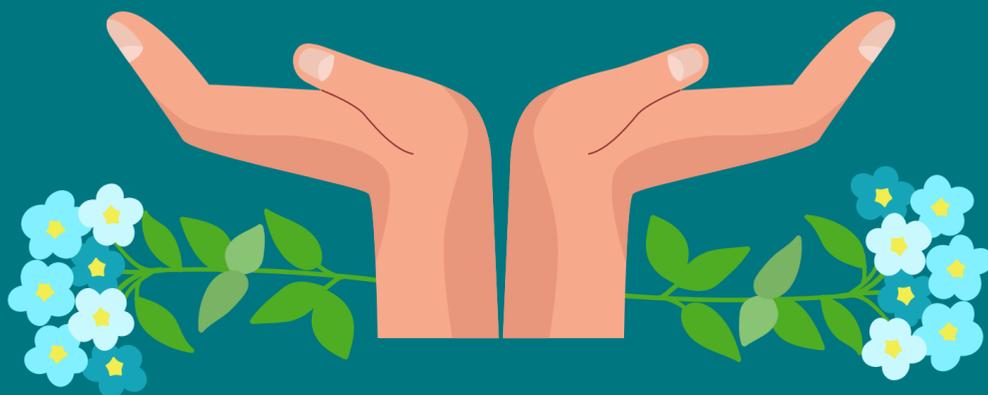
# Victim Support Scotland

## Special thanks:

To Child Bereavement UK, Richmond's Hope, Winston's Wish and Betsy de Thierry for reviewing this booklet and providing valuable feedback.

To the many families we support who have shared their experiences and provided us with ongoing feedback, knowledge and ideas.

We hope this booklet will help you to feel more confident when supporting a child or young person after a traumatic bereavement.



[www.victimsupportsco.org.uk](http://www.victimsupportsco.org.uk)  
National Helpline: 0800 160 1985

Victim Support Scotland is a Scottish Charitable Incorporated Organisation,  
registered in Scotland SC002138