

Post-Webinar Resource Sheet

for: Little Hearts, Big Feelings

Thank you again for joining Thrive Talking Webinar!

Please read through this post-webinar handout to learn more about the resources available!

Why is this topic important?

- Important to understand that children experience grief differently.
- Unrecognised grief can affect behaviour, learning, and wellbeing.
- Consistent support at home and school helps children feel safe.

Resources:

Podcasts/Talks:

TED Talk: "What Grief Taught Me About Parenting"
– Nora McInerny

"Talking to Children About Death" – Child Bereavement UK

Organisations:

<https://www.cruse.org.uk/>

<https://www.childbereavementuk.org/>

<https://www.papyrus-uk.org/>

Books:

- **"When Children Grieve"** – John W. James & Russell Friedman
- **"A Monster Calls"** – Patrick Ness (for older children/teens)

Support & Helplines:

- **Samaritans (UK):** [samaritans.org](https://www.samaritans.org) | ☎ 116 123 – Free, 24/7 emotional support.
- **SHOUT Mental Health Text Line:** [giveusashout.org](https://www.giveusashout.org) | 📱 Text "SHOUT" to 85258

