

# Looking after your family during Grenfell anniversary



## **Anniversaries can bring up painful feelings and memories. Strong emotions are normal and there is no right way to think or feel.**

This year is even more difficult as we are in the midst of a global pandemic – the COVID-19 virus. For all of us this has changed how we live, and some of the advice we shared during previous anniversaries also needs to be changed.

As we are socially isolating we cannot gather together to grieve our losses. However, this does not mean that we are alone in our grief.

We are together in mind, heart and spirit. Although we cannot physically come together, there are things that we can do remotely to keep us connected, while making sure we stay safe.

In addition to the thoughts and the feelings that you may be experiencing due to the anniversary, people have also been worried about the impact of COVID-19. Many people are worried about their own health or the health of a loved one.

There are many places to go to for information about COVID-19, and we have listed the NHS contact information at the end of this leaflet.

Many people are also worried about the changes to our lifestyles that COVID-19 has brought about – the social distancing, self-isolating, not being able to go to work or school. Also managing new multiple roles at home such as working from home, teaching your children materials sent by school and feeling under equipped. These social, economic and psychological worries are something that all of us are facing.

Children and young people also have similar worries and we hope that this leaflet will provide information on how you are able to help them with their worries.

## Helping children and young people

During unsettling times like these it is normal to experience difficult emotions like anxiety or worry. You have all already lived through a dreadful life changing experience and many of these feelings will probably remind you of what you have already gone through. This is also true for your children and young people.

Leading up to the anniversary event you may see the resurgence of strong emotions or disturbances to normal patterns of living, like eating and sleeping. In addition to this, following frightening and worrying news, like the news about the spread of COVID-19, it is normal for children to experience emotional difficulties.

### **Each child will react differently, but these are some common reactions that you may notice in your child:**

- They may appear to be reverting to younger behaviour
- Feeling very sad and missing those they have lost
- Nightmares and disturbed sleep
- Feeling angry or easily upset
- Becoming more clingy with parents and carers
- Physical complaints like headaches or tummy upsets
- Having lots of worrying thoughts and feeling like they cannot stop thinking about worries
- Difficulty concentrating.



## How can I support my child at home?

Do encourage your children to talk about (or draw) their worries and questions. This opens up conversation and prevents them from 'bottling up' all these feelings.

Talking with children and answering their questions also helps prevent them from 'filling in the blanks' with their imagination, which can be distressing and often more scary than the reality of the situation.

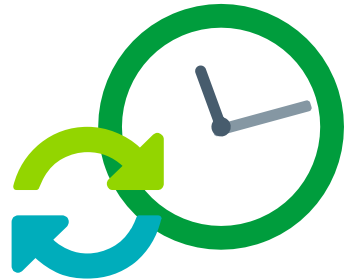
Positive coping is contagious – by taking care of yourself, you're making sure you are well enough to care for your children, and you're also modelling positive self-care behaviour that your children will learn as well.

There are lots of little things you can do as a parent to help children to feel contained and supported as they learn to deal with their own worries.

**Here are some simple things you can do to make a difference for you and your family:**



- Talk to your children and answer any questions they may have in an age-appropriate way. It's ok if you don't have all the answers, simply having a conversation about their worries is helpful in itself.



- Make a schedule with your child putting together a daily/weekly routine. Be as creative as you like! A routine will help your child feel in control and minimise conflict at home, stick it on the wall for all the family to see and try to stick to it as a family.



- Taking care of your physical health will impact positively on your emotional wellbeing. Make sure you and your family are eating nutritious food, exercising when you can, and keeping a good sleep routine.



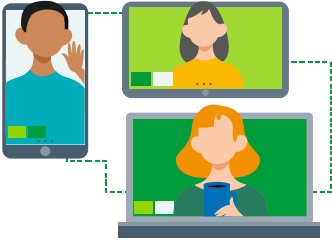
- Try to add something meaningful to your day that you enjoy. Maybe set a task for yourself or start a hobby you enjoy like drawing, cooking, creative writing etc, and remind yourself each day of something you did really well or are grateful for.



- Limit your exposure to news and social media. There is a lot of fake news circulating at the moment that can really raise your anxiety. Protect your emotional space and limit your news time. Maybe allocate a slot in your day to check the news and not check again until the allocated time the next day.



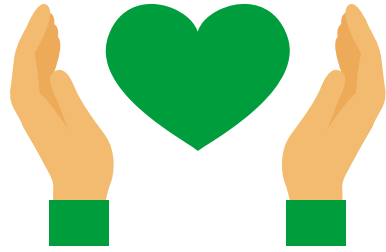
- Take time out to breathe. You could integrate calm time into your routine and allocate a time in the day to relax. There are plenty of apps like Calm Panda, Headspace or relaxing sound apps that can help you and your family to take some time out.



- Stay connected to friends, families and loved ones. There are loads of digital ways to stay connected.



- Where possible do things together as a family – eat together, play board games, enjoy a family quiz night! There are many ways you can use this time as a family to connect with each other.



- Be gentle. Yours and your family members' lives have changed significantly. Virtual learning, working from home, worrying and caring for older and vulnerable family members are all difficult things you and your family are having to adjust to. Try not to worry too much about academic achievement or productivity at work. Now is a time to connect stay safe and well.

## Remember we are here to help

Getting some ideas, advice and support on how you can help your child is a positive step. You can always call us and talk to us about any concerns or worries you have about your children, young people or your family.

You can call the Grenfell Health and Wellbeing Service on **020 8637 6279** and ask to speak to a member of the Children and Young People's Team.



This document is also available in other languages, large print, Braille, and audio format upon request. Please email [communications.cnwl@nhs.net](mailto:communications.cnwl@nhs.net)

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

## Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

## Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

## Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

## Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

## Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

## Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

## Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

## Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

## Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

## Turkish