

## Policies and Procedures: Changes at Home.

Coping with change such as parents separating, loss of a loved one (including pets), moving house or getting a new sibling can be difficult for all of us, especially a child. Even if you think it might not be relevant (e.g a great aunt they never met) please inform us, as your child may pick up on the emotions of other family members affected and that in itself may affect them. Children will express their emotions and reactions to these matters in a variety of ways.

As professional child carers, we will work with you to support your child through any difficult times they may encounter. I am aware that different cultures and religions have different rituals and attitudes towards death and divorce so will be guided by your family's wishes.

I will support your child by:

- Encouraging your child to ask questions and to answer them to the best of my ability, using honesty and simple language/words that are age appropriate.
- Talking with the child about the situation or person.
- Offering to listen to the child so they can share their thoughts and emotions in a safe, caring and familiar environment with a sympathetic adult. Sometimes a child may find it difficult to discuss their feelings with an adult and if I see it as appropriate and with your agreement I may arrange for your child to talk things through with an older child. This will be done under an adults listening ear.
- Finding appropriate ways for your child to deal with/channel their emotions Eg making a memory box for someone who's passed away.
- Regularly discussing with you how your child is coping and where possible learning more about the specific situation.
- Ensuring the other children at the Barn understand that your child may be more sensitive at the moment and may need to be given more space or support.

Sometimes children need professional counselling to help them deal with losses/adjust to changes. I am happy to support your child in this and signpost you to the services available.

There are courses available for childminders to attend with regard to helping children deal with loss or change. Should the unfortunate event occur where I need to attend this training, I will do so readily.

For further information please read in conjunction with Working with parents.

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Date Reviewed	Signed	Date Reviewed	Signed


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