



Megan was seven when her Dad died of a heart attack...

Dad had been her primary carer, as Mum worked full-time. Mum was struggling to process the sudden death of her husband, finding it hard to return to work and her relationship with Megan's 16-year-old sister was strained. Megan found it hard to separate from Mum in the playground in the mornings and was withdrawn and teary at school. At home she was struggling to sleep and would 'clam up or cry' when anyone talked about Dad.



A call for help

Megan was referred to FiG by her teacher. A FiG Family Support Officer (FSO) talked with Mum and school on the phone and then visited Megan and Mum at home. Megan identified a teaching assistant she trusted at school and FiG provided resources for the teaching assistant to support Megan at school.



'We can talk to each other again'

After a few home visits, Megan and Mum felt ready to meet other bereaved families and joined a group programme. During the drive home after the second week, Megan told mum "other children don't have a Dad anymore and feel sad like me."

Mum and Megan were able to have an open conversation about their feelings. By the end of the group they had shared memories about Dad and were talking about how they would remember Dad on his forthcoming birthday "with a chocolate fudge cake because he always had a really big piece".



Megan's older sister attended a FiG drop-in and talked to the FiG trained 'bereavement champion' in school. She established WhatsApp contact with the FSO and continues to share her feelings and ask for help when struggling.

