

Rosie's Bear:

My name is Tilly Bear and I belong to Rosie. Rosie is aged 8 and she had such a big shock because her daddy died. No one even knew he was ill and at the beginning of the week he was fine, but by the end of the week he had died. Rosie is so cross. She just wants Daddy back and no one seems to be able to do this. There's another problem too, Mummy is so upset and absolutely everything has changed.

When Rosie came to the centre the lady put me and another bear on the shelf and asked if she would like one of us. The lady told her to choose carefully because, after all, no two bears are ever the same even if they were made together. Rosie looked us both up and down, she checked how cuddly we were, and then she chose me! I was so happy. She takes me every week to the centre so I get to hear all about Rosie's worries and problems. The lady explained that it was ok to squeeze me hard and hold me tight when Rosie felt cross. We did other things too, like stamping on some card feet and letting our anger out on them.

Rosie started talking to me, especially at night. She told me how she hated the way everything had changed and that Mummy was so upset. I listened carefully to everything she told me. Every night we cuddled together and Rosie talked while I listened.

Then one day Rosie told the lady her secret. Rosie had been so scared at school. She was worrying every day that she might go home and find out that Mummy had died. Rosie also felt like none of the children knew what it felt like to have someone so special die; Rosie just didn't want to go to school anymore. Worst of all, Rosie hadn't told anyone about these worries, she'd just hidden them inside.

The lady helped Rosie tell her grownups. I helped too, Rosie held me tight the whole time they were talking. And then the lady sent a message to the school and there was more talking, and at the end of it all I went to school with Rosie! Not to play, that wouldn't have been right, but I sat on the teacher's shelf and when Rosie felt worried or upset, she fetched me and held me until she felt safe again. At break times and dinner times she came and had a cuddle and then I went back on the shelf. Rosie has been to school every single day and is feeling so much better. I'm really proud of her.

www.childrensbereavementcentre.co.uk/comfortbear/

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The story of Bingley Bear is fictional and has been created by one of CBC's clinical team to represent a typical case

