

Supporting your child following the Grenfell Fire



Who we are


We are an NHS team of psychological therapists and outreach workers who specialise in supporting children and adolescents who have experienced trauma. We are part of the Grenfell Health and Wellbeing Service.

Just like the community, our team is a combination of people from different backgrounds offering therapeutic support as well as outreach.



Common reactions to trauma

Following a traumatic or frightening event such as the fire at Grenfell Tower, it is normal for children to experience difficulties. Each child will react differently, but these are some common reactions that you may notice in your child:

- Pictures of the traumatic event suddenly popping into their mind
 - Nightmares
 - Feeling angry or easily upset
 - Becoming more clingy with parents or carers
 - Physical Complaints (Headaches, stomach aches)
 - Not wanting to think about or talk about the traumatic event
 - Avoiding going to places that remind them of the traumatic event
 - Sleep problems
 - Difficulty concentrating
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Practical Advice for Supporting Your Child

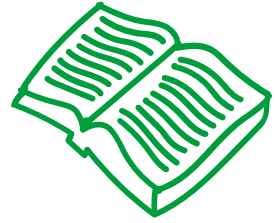
Encouraging children to talk about difficult experiences is helpful and prevents them from “bottling it up” and reassures them that it is okay to feel upset about the fire.

Talking about it also prevents children from “filling in the blanks” with their imagination, which can be distressing.



**'It's good
to talk'**

Routine



Making new routines or re-establishing old routines around personal care, school and mealtimes helps make the day more predictable and less frightening. This could include a regular sporting activity or bedtime stories.

Sleep Hygiene

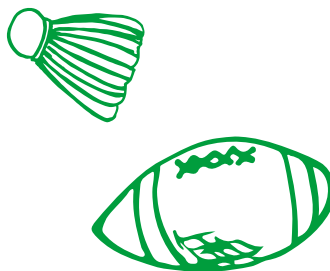
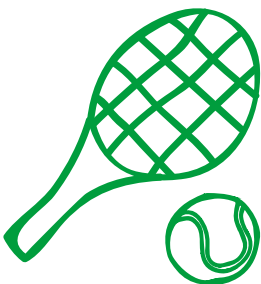
Good quality sleep is essential. Encourage your child to keep to regular bedtimes.



Encourage your child to turn off all 'screens' (mobile phone/tablet/TV) one hour before bedtime: the light from a screen can trick the brain into thinking it is daytime and can stop you from feeling sleepy.

Exercise

Doing exercise and sports help release "Feel Good" chemicals in the brain which improves mood.



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Relaxation

Your child may benefit from doing relaxation exercises if they are feeling overwhelmed and need to settle.

You can guide your child through the steps of the breathing exercise below.

- 1.** If you can, find somewhere which is quiet
- 2.** Sit somewhere comfortable, and make sure that your arms and legs are in a relaxed position
- 3.** Breathe in through your nose for as long as it takes you to count to 5 in your head
- 4.** Breathe out through your mouth for as long as it takes to count to 5 in your head
- 5.** And repeat as many times as you like



Referral for further support

If you know a young person you would like to refer to our service, or would like to refer your own child we have made the referral process really simple – you can either:



Fill in the simple self-referral form on our website:
www.grenfellwellbeing.com



Call the Grenfell Health & Wellbeing Service number on
020 8637 6279 and ask to speak to the children's team



Ask your GP



We also have Outreach workers in the community who you can approach and talk to about a referral.

We are happy to talk to you, so please feel free to get in touch.

This document is also available in other languages, large print, Braille, and audio format upon request. Please email 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