

## How can Daisy's Dream support to prepare for a loss

**The diagnosis of a terminal illness can be devastating. It is natural for parents and carers to want to protect children from the diagnosis, particularly when the person who is ill is undergoing treatment and the outcome is very uncertain.**

However, children often pick up on natural levels of stress and anxiety around them without understanding the cause. They are likely to notice changes to their world no matter how small and, to some degree, there will be inevitable changes to family life. These may be frequent hospital appointments or stays in hospital, or the person who is ill may change in appearance or behaviour.

Parents face the dilemma of whether to tell their children, when to tell them, and how to explain things to them. Our experience shows that, in the absence of any information about what is happening, children may invent their own explanations, which can often leave them feeling worried and upset.

### **Daisy's Dream will help you to:**

- Explain what is happening in an age-appropriate way
- Think of ways to answer difficult questions
- Prepare your child for changes to family life

### **Daisy's Dream will help children and young people to:**

- Express their feelings and concerns
- Share their feelings more easily with you and others close to them
- Develop coping strategies

### **What can you expect from our service?**

We understand that everyone's circumstances are completely unique and, as such, our professionally qualified team will work with you to develop a tailor-made service that meets your family's needs. Generally speaking however, you and your family can expect to receive:

- Over the phone, or email, support and guidance for parents and carers
- A chance for children to meet other children, whose parent or relative has a terminal illness, at our therapeutic group events.
- Liaison with others professionals, such as school teachers, if and when required

### **Is there a charge for using the service?**

All of our work with children and their families is provided completely free of charge. Daisy's Dream is a registered charity, and all of our work is funded by money raised and donated by our local communities.

If your family and friends are interested in helping us with raising money, please let us know. Our fundraising team would be delighted to hear from you.

### **How do we get help from Daisy's Dream?**

If you would like to talk to someone at Daisy's Dream about your circumstances and begin the support process, the first step is to call our team on 0118 934 2604. We are open during standard office hours, but there is an answering machine service available outside of these times.

Alternatively, you can find our online referral form on our website, under 'How we help', 'Making an enquiry', scroll down and click on the orange rectangle named 'Make a referral'. You are also welcome to email [info@daisysdream.org.uk](mailto:info@daisysdream.org.uk) for more information.

Once we have your details, a member of our team will contact you to discuss what has happened and how we can help.

**Call us: 0118 934 2604**

**Email us: [info@daisysdream.org.uk](mailto:info@daisysdream.org.uk)**

**[www.daisysdream.org.uk](http://www.daisysdream.org.uk)**