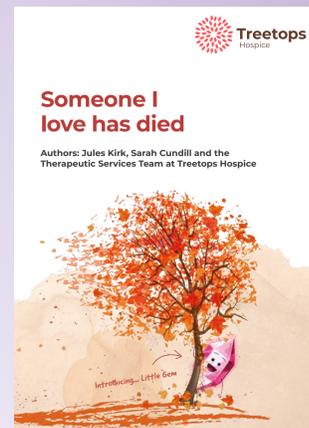
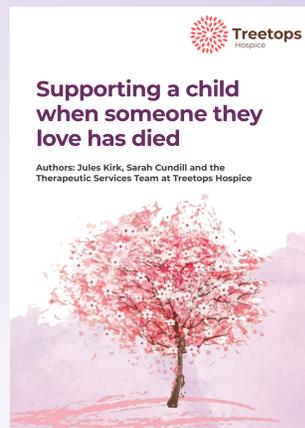




**Treetops**  
Hospice

# Little Gem

A booklet to facilitate understanding, communication and support for families following bereavement



## Why choose a gemstone?

Gemstones are unique and each one bends light differently depending on their individual make-up.

We created the character of Little Gem as a metaphor for grief because people are unique and we respond to the death of a loved one in our own individual way.

### Background

Our experience of clinical assessment and enquiries highlighted the differing needs of grieving family members following a bereavement. Research confirmed this, indicating a potential negative impact on communication and relationships within families.

*Will I die?  
Does everybody die?*

### Aim

We set out to write and produce a booklet to support parents and carers who have a recently bereaved child under 12.

Then to collect and evaluate qualitative feedback from families and professionals on its use and effectiveness.

### Method

We researched a number of existing publications and found all were aimed at either the adult or the child, so we designed a double-fronted booklet to address both groups. This introduced the character 'Little Gem' as a guide for the child.

We then gathered and incorporated feedback from families and professionals and worked with illustrators and a graphic designer to produce the final booklet.

### Outcomes

The final result is an evidence-based, collaboratively developed book now being used in response to enquiries from families and professionals or offered if deemed clinically appropriate during an assessment.

The book has increased our capacity to offer support to children either too young for our service or outside of our area.

A family that grieves together  
**heals** together

*What happens at a funeral?  
What is grief like?*

### Conclusion

The book has been initially well-received but an evaluation of efficacy will determine the organisation's continued investment. Plans are in place to develop supporting leaflets and additional resources for teenagers and professionals.

*How will I cope at school?  
How do I make a self-care kit?*

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