



Helping everyone affected
by a parent's drinking



COPING WITH THE DEATH OF A PARENT

FOR CHILDREN



FREE Helpline 0800 358 3456
helpline@nacoa.org.uk



Coping with the death of a parent



Hi, I'm Hattie. 😊

I volunteer for Nacoa and know what it can be like to cope with the death of a parent.

Our helpline receives thousands of requests from people dealing with loss and the many feelings that come with it.

We hope this booklet will help you.

Sometimes it's nice to hear a friendly voice or receive a kind message from someone who understands and won't judge.

Nacoa is here for you. 💙

How are you feeling?

When a parent dies, we may feel lots of different emotions, or sometimes nothing at all. This is called grief.

You might feel:

- sad, angry, scared, embarrassed or lonely
- confused and have lots of questions
- relieved but then guilty for having these thoughts
- like you don't want to be on your own
- it's hard to sleep, eat or concentrate



Remember...

- ✓ It is not your fault. You were not responsible for your parent's drinking or their death. Alcohol problems are like an illness. People continue to drink even when it is having a bad effect.
- ✓ It is OK to talk. Alcohol problems often become the family secret. Talking about your feelings is not telling on your family and can help you feel better.
- ✓ You are not alone. There are people that care about you. You can always talk to the Nacoa helpline.

"My dad told us she was gone. The pain I felt, it was something that I had never felt before."

Marian

"When he died I didn't know whether to cry or to be angry. I felt so guilty."

Karen





Let yourself feel and express feelings

Whatever you are feeling is OK. Feelings come and go. Talk to people you trust for help.

Here are some ideas to let your feelings out:

talk about them

draw or paint
a picture

ask someone for a
hug or cuddle a teddy

jump up and
down or stomp
your feet

scream into a pillow

let yourself cry

you can still talk to or write to your parent
as if they were still alive

pretend to blow
out a candle



Talk to someone you trust

Talking can help you feel better. It is OK to ask questions if you have them. Maybe you have a teacher, friend, family member or someone else you could talk to. You can always talk to us at Nacoa.

Look after yourself

Try to keep doing things that keep you well, like eating healthy food and sticking to bedtime routines.

Keep doing things you enjoy

Sometimes worries can take over. Taking a break can help. Having fun doesn't mean you've forgotten about your mum or dad. Make time for hobbies, sports or playing with friends.



Remember your parent

Sharing memories is another way to feel a bit better. Some people make a memory box of items that remind them of their mum or dad, or perhaps create a photo album or listen to a special song.

Be kind to yourself

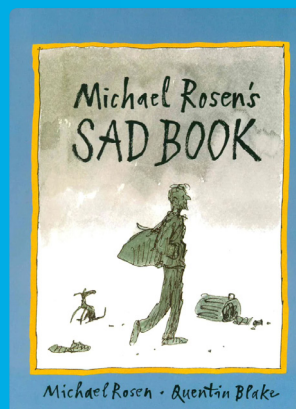
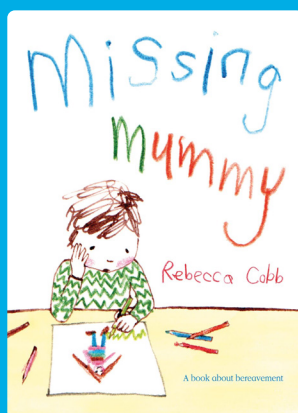
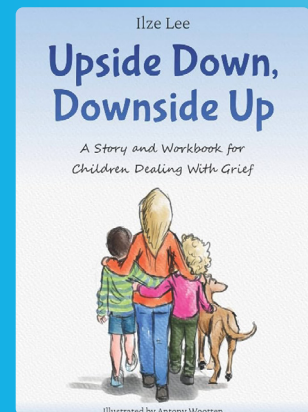
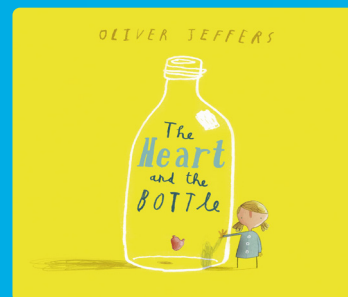
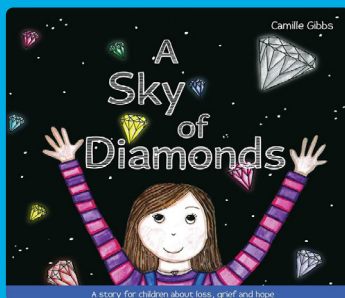
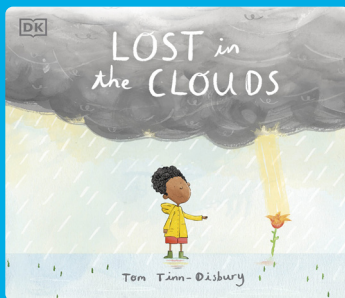
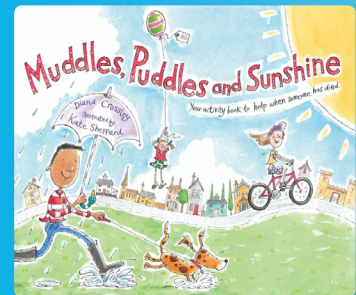
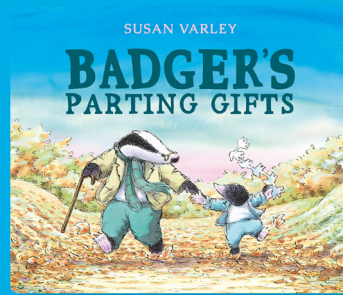
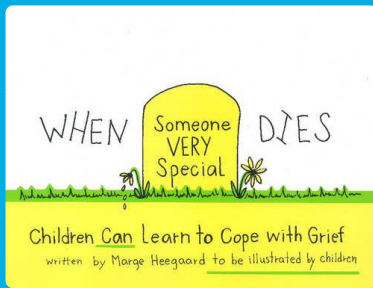
There's no right or wrong way to be when a parent dies. Some days will be easier than others. Remember that Nacoa is here for you.

"Every day I think about my mum. I miss her so much and wish she were here. She wouldn't want me to be sad and she did love me."

Nicky



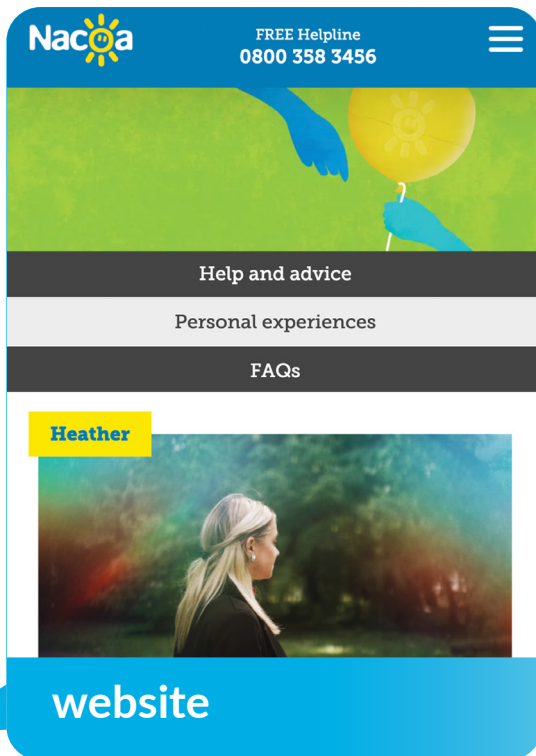
Books



books



Leaflets, videos and media



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by a parent's drinking

Registered charity No: 1009143

Nacoa has been helping children affected by their parent's drinking or similar addictive problems since 1990. This includes children of all ages, many of whose problems only become apparent in adulthood.

patrons include



**Tony
Adams**



**Calum
Best**



Sophie K



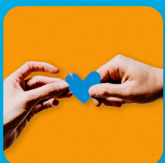
**Elle
Macpherson**



**Vicky
Pattison**

"Nacoa have been nothing but helpful and kind. I can now openly speak about my past and deal with my emotions and feelings."

Jordan



*Please support us by becoming a member,
volunteering or making a donation.*



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