

# Endings



**Endings are difficult and challenging especially if a child or young person has not had good experiences of endings in their life previously.**

# Unplanned Endings

Unplanned endings are when support comes to an abrupt stop. This can occur for varied reasons such as; consent is withdrawn, the child/young person stops engaging or the worker becomes poorly and will be off work for quite some time.



# Covid-19

As a result of the pandemic there may be an increase in the numbers of unplanned endings that children experience. When sessions come to an end in this way it can be even more challenging as things are totally out of everyone's control.



# Parents and Carers

Unplanned endings can be difficult and challenging for parents or carers of a child/young person who has been receiving support which has abruptly ended. As the primary carer you may have to manage your own feelings as well as the feelings of the child/young person.



# Parents and Carers

- Parents and carers may themselves be left feeling sad, relieved, angry and or frustrated by support abruptly ending.
- Parents and carers may feel that they have been left to 'pick up the pieces' with little support.



# Parents and Carers

- Parents and carers may feel they lack knowledge and skills to offer support to the child or young person.
- Parents and carers may have to support the child/young person to manage their difficult feelings following an unplanned ending from a support service.



# Practical tips for Parents and Carers

- Acknowledge your feelings about how support has ended or changed.
- Identify what concerns you have about the support ending or changing.
- If possible and appropriate, contact the service to gain an understanding of what the support was currently focussed on, what has been achieved to date, and what is the service able to offer in terms of an ending, this might include a telephone or online meeting to say goodbye.

# Practical tips for Parents and Carers

- Ask the service, if appropriate, to share with you strategies given to the child or young person so you are able to encourage use of these.
- Discuss with the services if they have plans to re-establish support in the future.





# Practical tips for Parents and Carers

- Look back and go over past support you have received, including tools that have been helpful in the past and may be helpful again now.



# Practical tips for Parents and Carers

- Identify other places and people to gain support from including family, friends, on line resources and helplines. Including emergency numbers if appropriate.
- If appropriate have an open conversation with the child/young person to acknowledge how you both feel about the current situation and where you can both get support now.

# Practical tips for Parents and Carers

- Unplanned endings can be hard and challenging on everyone, self care is important for you and the child/young person. Take time to look after yourself, this can include exercise, having fun, spending relaxed time together, having some alone time, reading a book, taking a long bath.
- By taking care of yourself you can be in the best position to support the child or young person.

