



Naomi Giltinan

Creating comfort and connection through bereavement support

Background

Naomi is a childminder in Swansea and has been providing care for children from birth to 12 years in her family home for 14 years. She creates a calm, nurturing and homely environment where children can thrive, with a focus on children's emotional development and her attachment and trauma-informed approach.

What are they doing differently?

When children in her care experienced the loss of their father, Naomi was grieving the loss of her mother, and was able to fully empathise with the children and openly share that she understood their pain. Naomi created personal and meaningful support that drew on her own experience of grief including:

- organising memory bears made from their father's football tops, for the children to use as comfort toys
- creating a memory box and regularly making things to put in it, maintaining an active relationship with their father's memory
- encouraging children to talk about their loss whenever they need to
- maintaining extensive resources including emotion cards and books that help all children in her care develop the skills to process difficult feelings

This trauma-informed approach recognises that grief is not something to be 'fixed' but rather supported with consistency, empathy and genuine care.

Impact ...

- Providing a safe space where grief can be expressed without fear or embarrassment
- Children understand that it's acceptable and healthy to laugh and share positive memories
- Developed stronger emotional literacy skills to support children through future challenges
- Built trust between Naomi and the families, who feel confident their children's emotional needs are catered to

“It is a hard world we live in and if I can make it a little easier for children in my care to be happy then I would like to think I have done my job”