



# ‘Remember me’ teddies

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# Origins

- Trauma teddies: **Police in Dundee were the first in Scotland to be armed with teddy bears.**
- The hand knitted cuddly toys are given to children who are the victims of crime, have been involved in a road accident or have witnessed a distressing incident.
- The trauma teddies, which first started in Australia, have a number attached for children to phone in the event they feel the need to seek further help and support.

# AIM

- The aim of this project was to provide young children and /or parents of critically ill patients with a 'trauma teddy' to facilitate loss and support their grief.
- Holistic care within our ICU is hugely important. The teddy bears are given in addition to locks of hair and hand prints at the end of a patients life. (If desired by the family)
- The first teddy bear was launched in November 2018

Who makes our teddies?



# MAKING MEMORIES IN ICU

- Having a relative/ parent in ICU can be both psychologically and physically distressing for children due to separation.
- ‘One approach to meeting grief needs is providing a transitional object that creates a connection to the person’ (Miller et al, 2014)
- A keepsake to take home

# So far.....

- Extremely well received and families often ask for more than one. The teddy has only been refused on a couple of occasions. (Family dynamics and was not appropriate for them)
- To date approximately 43 bears have gone to new homes.
- Process has not, as yet, been formally evaluated however verbal feedback has been fantastic. Aim to add a question to the 6 week post bereavement questionnaire.
- Family report- 'She told the boys that the teddies were from their aunt and she gave them the bears to keep before she went to heaven'
- Renamed the 'remember me' teddies.

Thank you!! Any questions?

