



When Someone We Love Dies

HELPING A CHILD THROUGH LOSS & REMEMBRANCE

This guide helps you talk to your child about death and grief, offering support and understanding during a difficult time.

Talking About Death
Understanding Feelings
Remembering Our Loved Ones
Finding Comfort and Healing
Special Days and Difficult Times

Intro

Saying goodbye is hard,
but this guide helps
children understand
death and remember the
people they love.



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and grief, offering support
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a difficult time.*

Talking About Death

What is Death?

Imagine a tiny seed planted in the ground. It grows into a beautiful flower, blooms for a while, and then slowly wilts and fades away. That's kind of like life. People are born, they grow, they live their lives, and then their bodies stop working. They don't breathe, eat, or sleep anymore. Death is like the flower wilting—it's a natural part of life.

Why do people die?

- **Old Age:** Sometimes, people grow very old, like a tree that has lived for many years. Eventually, their bodies get tired and worn out, and they stop working.
- **Illness:** Sometimes, people get very sick, like a plant that doesn't get enough water or sunlight. Even if doctors try to help, their bodies might not be able to get better.
- **Accidents:** Sometimes, accidents happen that hurt people very badly, like a storm that damages a beautiful flower. Their bodies might not be strong enough to heal.

What happens to the body?

When someone dies, their body stops working. It's like a car that runs out of gas. It doesn't move or make any noise anymore. Their body doesn't feel anything, and they don't need to eat or sleep.

Answering tough questions:

It's okay to have questions about death. Grown-ups sometimes have questions too! If you're wondering about something, always ask a grown-up you trust. They will do their best to answer your questions and help you understand. It's also important to remember that it's okay to feel sad or confused when someone dies. Talking about your feelings with a grown-up can help you feel better.

WHEN SOMEONE WE LOVE DIES

Understanding Feelings



Feeling Sad is Okay

Talking About Feelings: Just like you might ask your friends what their favorite game is, it's okay to talk to people about how they feel. Talk to your parents, family members, or teachers about their feelings. They can help you understand your own feelings better.

- **My Feelings are Real:** Sometimes, it can be hard to know what you're feeling. That's okay! Your feelings are always real, even if you don't have a name for them.
- **Helping Others with Feelings:** If you see a friend feeling sad or angry, you can ask them, "How are you feeling?" Sometimes, just talking about feelings can help.
- **Asking Grown-Ups About Feelings:** It's okay to ask grown-ups questions about feelings. You can ask, "Why do I feel sad?" or "What can I do when I feel angry?" Grown-ups can help you understand your feelings.
- **Different Feelings, Different People:** Everyone feels things differently. Some people cry when they're sad, some people get quiet, and some people want to be alone. All of those ways of feeling are okay.

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Remembering Our Loved Ones

- **Sharing is Caring:** Talking about the person who died can help us remember them and feel close to them. Share your favorite stories and memories with your family and friends. They might have special memories to share too!
- **Memory Treasures:** Special things like photos, toys, or drawings can help us remember someone we love. You can create a special box or book to keep these treasures safe.
- **Special Places, Special Memories:** Are there places that remind you of the person who died? Visiting those places can help us feel connected to them and our memories.
- **Remembering Together:** Doing things that the person who died enjoyed can help us keep their memory alive. You can cook their favorite meal, listen to their favorite music, or play their favorite game.
- **Love Never Fades:** Even though someone has died, our love for them stays with us. We can always remember them and the special times we shared.



Remember with Love

Finding Comfort and Healing

- **Taking Care of Ourselves:** When we feel sad or tired, it's important to take extra good care of ourselves. Eating healthy foods, getting enough sleep, and doing things we enjoy can help us feel better.
- **Finding Support:** Talking to people we trust can help us feel better when we're sad. You can talk to your family, friends, teachers, or a counselor about your feelings.
- **Happy Memories:** Remembering happy times with the person who died can help us feel happy and loved. You can look at photos, share stories, or visit special places that remind you of them.
- **New Adventures:** Even though things might feel different now, there are still lots of good things to do and enjoy. Trying new things and making new friends can help us feel happy again.
- **Love is Always Here:** Even though the person we love has died, their love stays with us always. We can carry their love in our hearts and remember them with love.



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Special Days and Difficult Times



Remember, You're Loved

Sometimes, even though we're trying our best to feel better, there are days that are extra hard. These might be special days like birthdays or holidays, or maybe just days when we feel extra sad. These are the days when we need to remember how to find ways to feel better, even when things are tough.

- **Birthdays and holidays:** Acknowledge that special days and holidays can be particularly difficult after a loss.
- **Anniversaries:** Discuss the significance of death anniversaries and ways to honor the person's memory.
- **Coping with triggers:** Identify potential triggers that might evoke grief and provide strategies for managing those emotions.
- **Finding new ways to celebrate:** Explore ways to adapt traditions or create new ones that honor the deceased while acknowledging the changed circumstances.
- **Remembering with love:** Emphasize that remembering and honoring loved ones can bring comfort and connection, even during challenging times.

WHEN SOMEONE WE LOVE DIES

Looking Ahead

- **New Beginnings:** New beginnings can be exciting, even when it's hard to imagine. You might start a new hobby, make new friends, or learn something new.
- **Growing Stronger:** Learning to cope with loss can make us stronger. It can help us appreciate the good things in life and be more compassionate towards others.
- **Remembering with Love:** The person you love will always be a part of you. You can keep their memory alive by sharing stories, looking at photos, or visiting special places.
- **Seeking Help:** If you're feeling sad or confused, it's important to talk to someone you trust. A parent, teacher, counselor, or therapist can help you work through your feelings.

Remember, it's okay to feel a mix of emotions. You can feel sad and happy at the same time. The most important thing is to be kind to yourself and allow yourself to feel whatever you're feeling.



Tip

Remember that the people who love you, like your family and friends, are here to help you. Talk to them whenever you need to, and don't be afraid to share your feelings.

If you're feeling worried or scared, it's important to talk to the people you trust.

Don't hesitate to ask our funeral home questions you may have throughout the process.

Tip

It's always a good idea to talk with your family about how you're feeling and what makes you happy. That way, they can help you and do things that make you feel better.



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