



Shishuviyog

For children 7 - 11

When someone special dies



A leaflet prepared with the help of bereaved families

When someone special has died...

This booklet has been given to you because someone special to you has died.

When someone dies things can happen in a rush, and sometimes we can be left confused about what has happened, or have questions we would like answers to.

We hope that this booklet will help you to be clear in your mind about what has happened, and help you understand your feelings.

On the page opposite are some boxes you might like to fill in - things that you might want to be able to remember later on.

You could ask someone to help you with this - someone in your family, a friend or a nurse at the hospital.



If there is anything you don't know or don't understand.....

..... ask someone!

My name is

.....

I am years and months old

My special person's name is

.....

The name of the hospital that looked after my special person is

.....

.....

The special person has died because

.....

.....

How are you feeling?

When someone dies, we may feel lots of different emotions, or sometimes nothing at all. And when someone dies suddenly, when we weren't expecting it, our feelings can be even more jumbled. If you have felt any of the feelings here, maybe you'd like to colour them in...

sad

calm

ok

guilty



Maybe you have some feelings that aren't written here - you could write these in the blank shapes.

Most people who have had someone special die have good days and bad days. It's ok to have a cry and it's still ok to have fun sometimes. You don't have to be sad all the time and having fun doesn't mean that you love that special person any less.

confused

angry

worried



The funeral

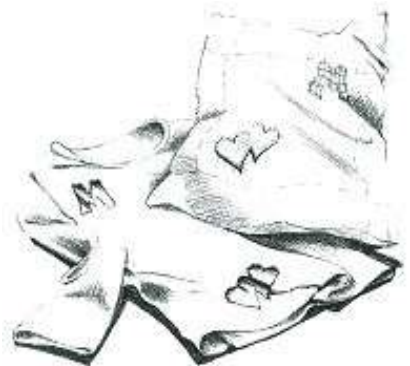
After someone dies there is a funeral. This gives people a chance to show they cared for the person who has died. It's a time to say goodbye, and a time to share and remember.

The family, friends and people who went to work or school with the person gather at home or in a church, synagogue or mosque to remember the life of the person who has died and to comfort each other.

Do I have to go to the funeral?

Some children say they were glad that they had been given the chance to go. Others have said that they think they were a bit too young at the time and are pleased they didn't go. What is important is that you know what the funeral is and why it is happening and that you can find someone you trust to answer any questions to have about it.

If you would like to, you might be able to put a letter, a picture, or even a favourite teddy in the coffin - you could ask your parent or carer about this.



Will everything change now?

It might help to sit down with your parent, carer or someone else you trust and make a list of what things will change now, and what things will stay the same. This can help you to feel safer when important things around you are changing.

You could also make a list of all the people who love and care about you.

Going back to school

You may find going back to school quite a hard thing to do: part of you may just want things to get back to normal and to see your friends, while part of you might just want to hide away.



You might find it helpful to think about how you would like things to happen. Would you like your teacher to tell the class before you go in? Maybe you'd like to tell the class yourself, or just to tell a few people at a time.

If you would like further support and information please contact Sishuviyog

info@childbereavementuk.org

www.sishuviyog.org

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