

For children under 7

When someone special dies



A leaflet prepared with the help of bereaved families

This leaflet has been given to you because someone important has died.

You could draw a picture here and write their name. You could ask a grown-up to help you.

A large, empty rectangular box with a thick red border and rounded corners, occupying the lower two-thirds of the page. It is intended for a child to draw a picture and write a name inside.



What does it mean when someone dies?

Their body doesn't work anymore.

It can't be mended.

It's not like being asleep.

They don't feel anything.

But you will always remember them.

When somebody dies we can feel lots of different feelings, or sometimes none at all.



sad



lonely

tired



Do you have any of these feelings?

ok



worried



cross



missing the
person



What is a funeral?

After someone dies there is a funeral.

It is a time for family and friends to say goodbye.

At a funeral people talk about what they remember about the person who has died, and might sing, say a prayer or read something special.

Everyone has a funeral when they die and their body is put in a coffin.



You might like to put a favourite toy, or a picture you've drawn into the coffin - you could ask the person who looks after you about this.

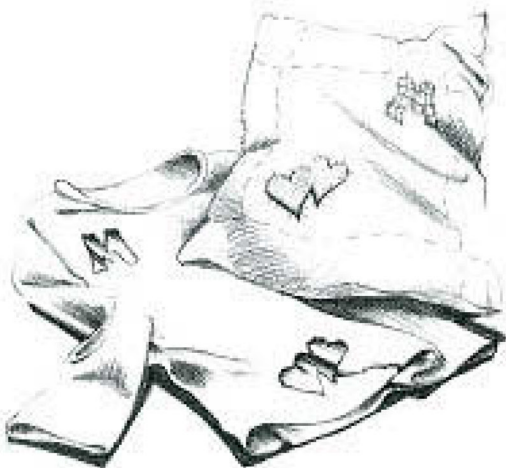
How will I remember them?

You can look at a photograph and talk about the person who has died.



You could ask to keep something special to remember them by.

You could decorate a memory box to keep special things in.



You might like to keep something special that belonged to the person who has died.



If you would like further support and information
please contact Child Bereavement UK

National helpline: 0800 02 888 40
support@childbereavementuk.org

www.childbereavementuk.org

With thanks to Charlie and Imogen Jones
Illustrations by Trish Phillips



This leaflet was originally produced with
support from the Department of Health

Child Bereavement UK, Clare Charity Centre, Wycombe Road, Saunderton, Bucks HP14 4BF
Charity No in England and Wales 1040419 and Scotland SCO42910