



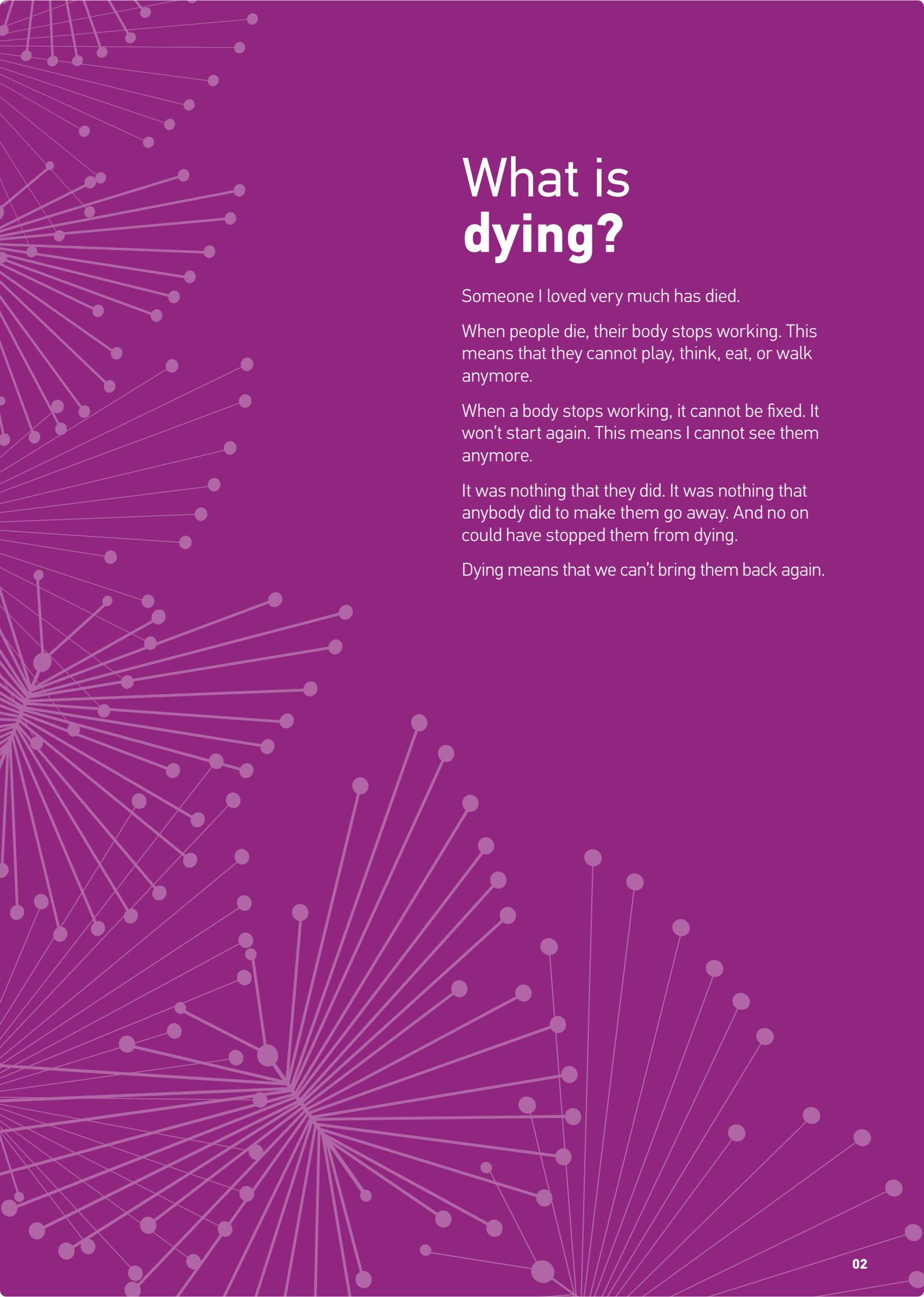
Saying  
**Goodbye**



# How to use this eBook

Talking with your child about death, and especially the death of a loved one can be difficult. Knowing whether to have this discussion and, if so, how to choose the right language and how to answer their questions can sometimes be a complex task, especially if you're grieving yourself. Only you can decide if your child is emotionally ready and mentally capable to have these discussions.

This eBook is designed to help you introduce the concept of death to your child and begin ongoing conversations about the death of a loved one. It will help you take the initial step towards conversations about what death really means, grieving and coping with the death of someone close to you. You should read it through in full yourself and then choose whether, and how much of this to use when discussing this difficult topic with your child.



# What is dying?

Someone I loved very much has died.

When people die, their body stops working. This means that they cannot play, think, eat, or walk anymore.

When a body stops working, it cannot be fixed. It won't start again. This means I cannot see them anymore.

It was nothing that they did. It was nothing that anybody did to make them go away. And no one could have stopped them from dying.

Dying means that we can't bring them back again.

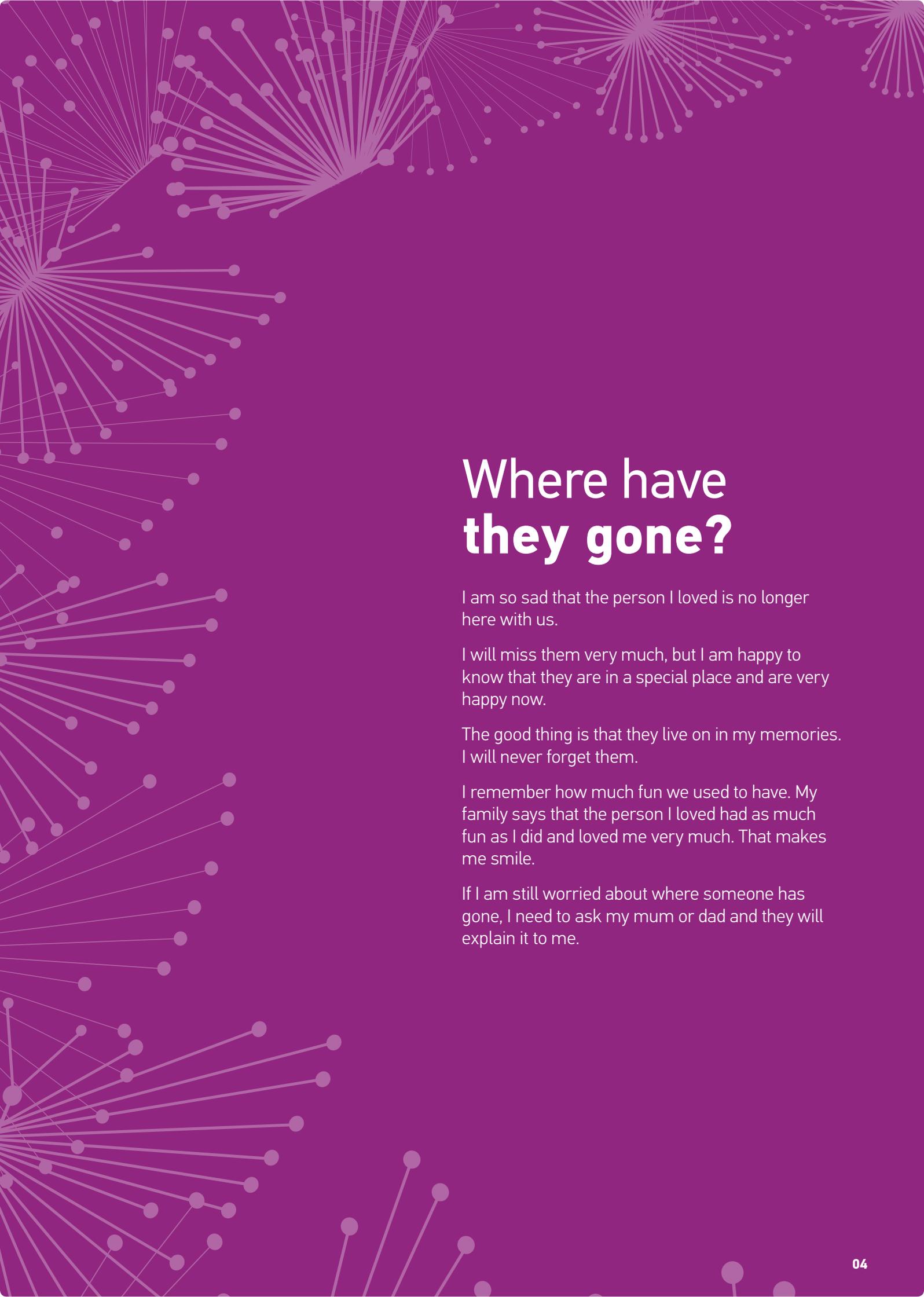


## Why have they gone?

All life on earth – people, animals, and even plants – has a beginning and an end. All living things will eventually die and cannot come back to life.

Most people live a long time before they die, but some don't.

Most people die from being very sick. But when I catch a cold, it doesn't mean that I am going to die. I can get better from that, and so can the people and things I love.



# Where have they gone?

I am so sad that the person I loved is no longer here with us.

I will miss them very much, but I am happy to know that they are in a special place and are very happy now.

The good thing is that they live on in my memories. I will never forget them.

I remember how much fun we used to have. My family says that the person I loved had as much fun as I did and loved me very much. That makes me smile.

If I am still worried about where someone has gone, I need to ask my mum or dad and they will explain it to me.



## Why is everyone sad?

My family is sad. They cry a lot. I give them hugs when I see them crying and tell them I love them.

It is okay to cry, but it is also okay not to cry. If ever I am sad, I can talk to my family or my teacher about it.

My mum told me that getting over the loss of the person we loved is like going on a train. We are all on the same train, but we are all looking out different windows. So, at times we see and feel different things to other people. But we are all on the same train together.

# What did I do?

It is very important that I know that they did not die because of me or anything that I did. It was not my fault.

Life was a little bit different for a little while after the person I loved died. But after a while I had to go back to doing normal things, like going to bed on time and going to school.

It is good seeing my friends and knowing that they are my friends and we have lots of fun together.

I can remember all of the good things and fun that I had with the person I loved.

If I have any questions – even a long time after they have died – I know that I can ask my parents.



## What if I still have questions?

It is good to ask questions. There are no bad questions, but sometimes Mum or Dad won't have an answer.

My dad took me for a walk around the park to look at some flowers and plants that had died. That way I could see that lots of things die to make room for new things to join us on earth.

It helped me to ask him some more questions that I felt funny asking.

He told me that there are no bad questions and I can keep asking questions.

That made me feel good.

# It's ok.

A person that I loved has died.

It wasn't my fault. Every life has to one day come to an end.

I miss the person I loved very much, but I am lucky that I will remember them forever.

When I think about missing them, I try to think about the good times we had, like the time they bought me a birthday present I liked.

Everyone is sad. Sometimes I cry, and sometimes I don't. That's ok.

I understand that I have to go back to my normal life, like going to bed on time and going to school, and being good to my parents.

I can ask all sorts of questions if I am not sure about things.

A person I love has died, but I am going to be ok.

