

# Top tips to help talk about the person who died

## **Make a book of memories**

- This is really good way to get your child talking about the person who died. You can use any type of book, one with lined paper makes it easier. It will reassure your child that the memories are safe and won't be forgotten. You can also look through the book on special days like their birthday.
- Make some time to sit down together and take turns to write down memories. Your child might want to stick in a photo or do a drawing with it too. By making the book together, you might find your child finds it more comfortable to talk about their memories and feelings.
- It can be good to ask other family members and friends of the person to write down / email you some of their own memories of nice and funny times. You can then print out then emails and stick them into the book.

## **Choose a plant or flower in their memory**

- Go to the garden centre with your child and let them choose a plant which reminds them of their special person. It might be a colour they liked, or a plant they had in their own garden.
- This can help by giving them a place to go when they want to remember the person, but is less intense than visiting their grave.
- They might like to add some ornaments next to the plant.

## **Lighting a candle / electronic candle**

- Having one of these can be a really good way of showing that you or your child have been thinking about the person who died, without actually having to say so.
- You might like to light the candle on special days, or just when someone has been missing them. When it is lit you can explain that this is a good opportunity to share memories and feelings.
- An electronic candle in your child's room might be a good comfort at bedtime.

## **Have a cushion made with a photo of their special person on**

- This can be a big comfort to children of all ages.
- Encourage them to choose a design and photo which is special to them.