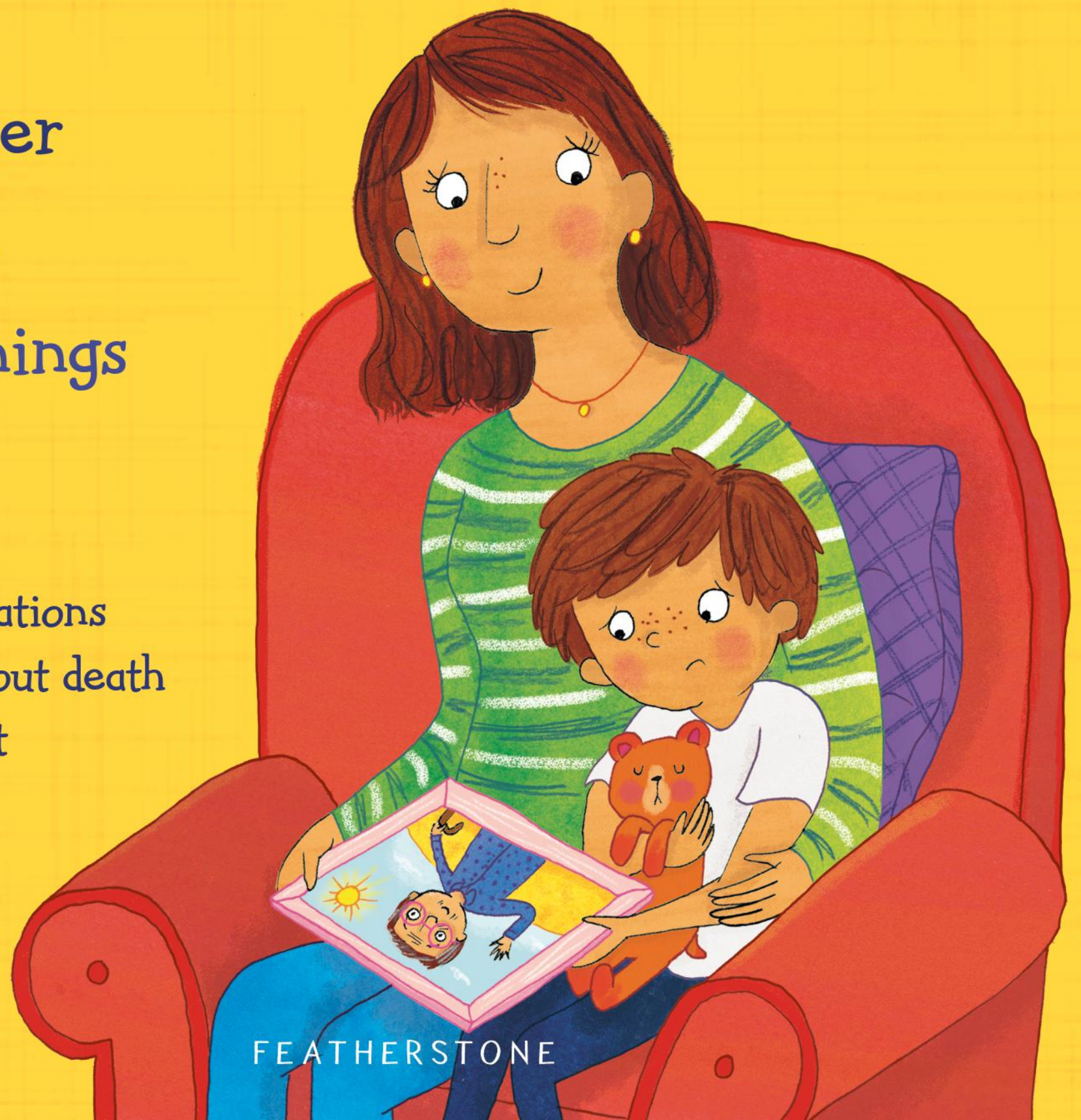


Let's Talk About When Someone Dies

Molly Potter

Illustrated by
Sarah Jennings

Starting conversations
with children about death
and bereavement



FEATHERSTONE

Let's Talk About
When Someone Dies

*For Claire – my quirky sister who wanted this book
dedicated to her because she thinks we should
all be talking about death more.*

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How will you learn that someone has died?

Sometimes we know that a person will die because they have been ill for some time and the doctors have said that they have a serious illness that will definitely make them die. When people die like this, everyone can be a bit more prepared for it. Knowing a person is going to die usually gives you a chance to say goodbye either in person or by sending a message. When the person dies, it's still very distressing but not a complete shock.



Other deaths are unexpected. This can be because a person has a sudden illness that kills them or they die in an accident. When a person dies like this, people learn about the death suddenly – often the grown ups and children in a family hear the news at the same time. This can make it very shocking for everyone.

When adults tell you that someone has died, they should be able to explain to you what happened and answer any questions you might have. Often, the adult who gives you the news will be really upset. If you see them crying, you could give them a hug. It's normal to cry when someone dies.



What might you THINK when someone dies?



You might wonder how your life will change.



You might keep wondering why people have to die.



You might really, really wish that the person could come back.



You might think about other people you care about dying (and this can make you worried).



You might think it was somehow your fault (it's not your fault).



You might find you can't concentrate because lots of different thoughts are swirling around in your head.



You might think a lot about the last time you saw the person who died and what you said to them.



You might wonder if your life will ever feel normal again.

It's important to know...

When someone dies, you might have lots of questions going round in your head. They might be simple like 'What do I tell my friends?' or more complicated like 'Where do dead people go?'. Adults will try to answer your questions, so don't be afraid to ask.