



# Someone you love has died



For Children Under 5

## What is a bereavement?

A bereavement is when someone close to you has died. This could be anyone that you care about and love.

Would you like to stick a photo or draw a picture of them here?



Who is this?

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# What happens when a person dies?

Their body stops working and it can't be fixed.

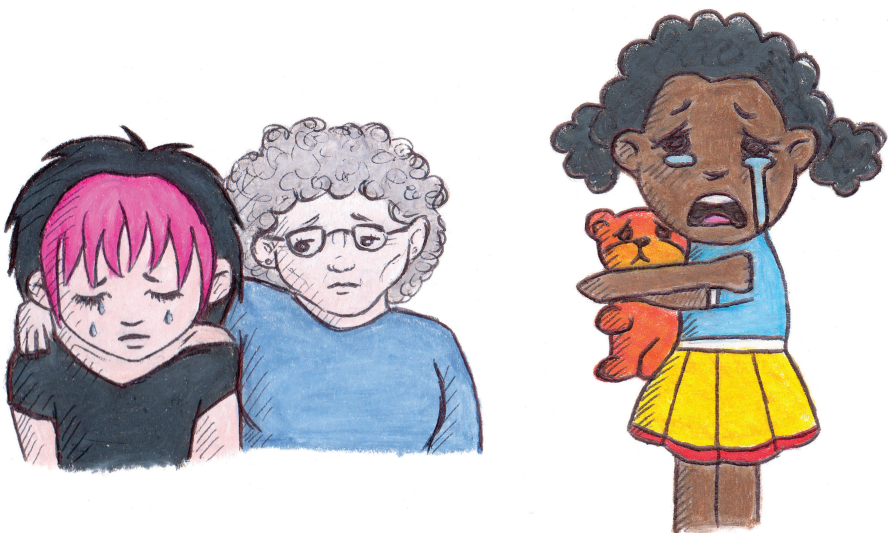
It is not like being asleep because they can't wake up.

They don't feel things anymore. They don't hurt and they don't get hungry.

You will not see them again but you will always love and remember them.

Many people will feel sad and will miss them.

A funeral will take place.



# What is a funeral?

Family and friends come to a funeral to say goodbye to the person who has died. People will be sad and may cry, this is OK and nothing to worry about.

At the funeral the person who has died may be put in a coffin (a special wooden box), which may be buried in the ground.

When the person is in a coffin sometimes people put special things in it such as a toy, a photo, or something they have made.



At a funeral people remember the person who has died by talking about them, reading something special or singing a favourite song.

People often bring flowers and cards.

Sometimes after the funeral the person's body goes to a place where it is turned into a powder called ashes. The ashes are kept in a special pot called an urn.

Funerals can be very different from each other, ask an adult if you have any questions.



## What happens next?

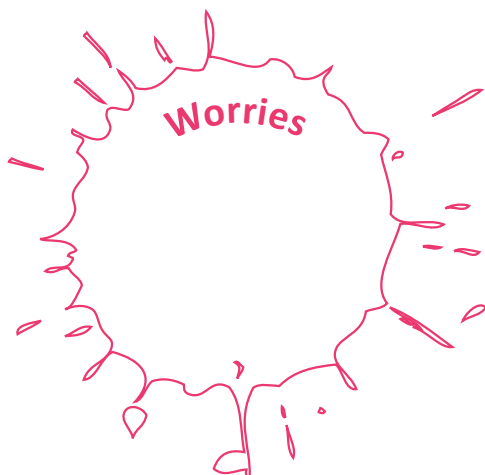
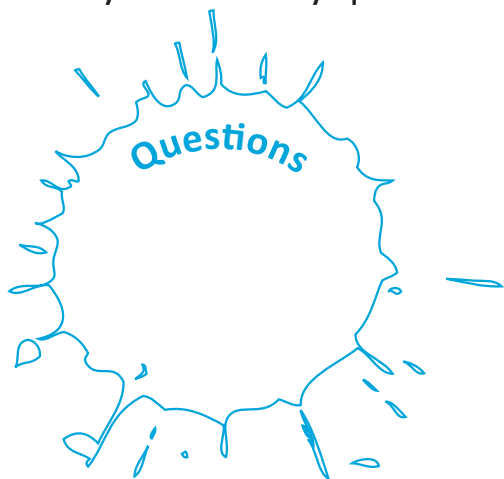
You can talk about the special person who has died with someone you trust, like a member of your family, a teacher or a friend.



You can talk about things that will change and things that will stay the same. An adult can help you make a list.

You can remember your special person by making a memory book or box, where you save things that remind you of them, like a photo, a ticket from when you went somewhere special together or something that belonged to them. Some children like to put messages or birthday cards into the book or box.

Do you have any questions or worries?



# Your Feelings

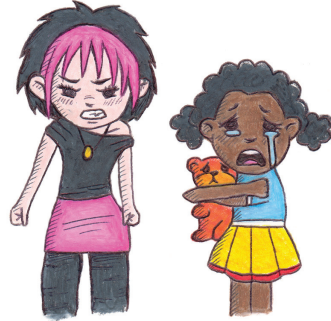
When someone you love dies you may have lots of different feelings.



**You may have  
lots of muddled  
up feelings.**



**You may feel  
lonely and miss  
the person who  
has died.**



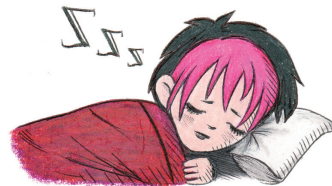
**You may feel angry  
or frightened.**



**You may feel fine  
and want to play.**



**You may feel sad  
and worried.**



**You may feel tired.**

Get an adult to help you tick the feelings you have.

# Your Feelings

It is okay to have these feelings and it is fine to talk about how you feel and to ask questions.

How are you feeling now?



If you feel you need some help with any of these feelings talk to a grown up you trust.

**If you would like any further information,  
advice or would like to make a referral  
please contact us.**



**Illustrated by Gabby Armstrong aged 16**

**An age related book list is available on our website**

## **Children's Bereavement Centre**

**The charity that supports local children and their families**

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**Registered Charity Number: 1098935**

**Company Number: 4747134**