



## I Feel Sad When

- My mum or dad dies or goes away
- I lose a pet
- I lose a friend
- I move house
- I go to hospital
- I am away from my favourite things
- When my parents separate
- When a family member dies
- I go to a new school
- There is a break in at home
- I am injured or hurt
- I can't do things other children can

## When I Feel Sad

- I might have bad dreams
- Sometimes my heart hurts
- I want to be cuddled
- I sometimes feel angry
- I feel heavy inside
- I sometimes find it hard to do school work
- I am easily frightened
- I think that it's all my fault
- I worry about everyone
- I want everything to be okay

## What PARENTS and FRIENDS can do

- Allow children time to talk and ask questions
- Withdrawn children can be encouraged to talk by having stories read to them
- Answer questions honestly and simply and share own feelings
- Say it's okay to feel sad or to cry
- Encourage children to conduct their own rituals. They may want to visit the cemetery or create their own memorial book, poem or floral tribute
- Maintain a routine but be flexible enough to bend rules if some distraction is called for "eg" suggest an unscheduled video or physical activity when children seem sad but do not want to talk
- Reassure children that even though sad things happen, they will feel better in time and they will always be cared for, wanted and loved
- Parents need their own support group and hugs to enable them to keep on putting children's needs first
- Reassure the child that it is not his or her fault

## BOOKS FOR PARENTS

"Children and Death" by John Allison  
Monhouse Support Services

"How to Help Children Through a  
Parent's Serious Illness" by Kathleen  
McCue

## BOOKS FOR CHILDREN

"Beginnings and Endings with Lifetimes in  
Between" by Brian Mellonie and Robert  
Ingham

"Sadako and the Thousand Paper Cranes"  
by E Coerr

"TOBY" by M. Wild

"About Divorce" by J Berry

"Charlotte's Web" by EB White

"Tiger Eyes" by Judy Blume

"The Patchwork Quilt" by Flourney

"Where has Daddy Gone" by Osman

"Hugs" by Judy Tuer

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