

Dear Parents,

Dealing with grief can be hard at the best of times but trying to help your kids understand what is going on and helping them to deal with their grief makes it especially hard. Little ones find it particularly hard to understand what has happened. Our prayers are with you as you journey together.

We have collected a suggestion of books and websites that you might find helpful in the up coming months.. Remember there are people to help, if it gets too much for you or your children visit with your doctor for ideas about where to get help.

Lifetimes: Beginnings and endings with Lifetimes in Between by [Bryan Mellonie](#) (Author)

There is a beginning and an ending to everything that is alive. In between is a lifetime. It is the same for people as it is for plants and animals, even for the tiniest insects. Lifetimes helps both children and parents to remember, to understand and to explain that dying is as much a part of living as being born.

Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss (Elf Help book) by [Michaelene Mundy](#) (Author), [R. W. Alley](#) (Illustrator)

Loaded with positive, life-affirming advice for coping with loss as a child, this guide tells children what they need to know after a loss--that the world is still safe; life is good; and hurting hearts do mend. Written by a school counsellor, this book helps comfort children facing of the worst and hardest kind of reality.

When Your Grandparent Dies: A Child's Guide to Good Grief (Elf Help book) by [Victoria Ryan](#) (Author), [R. W. Alley](#) (Illustrator)

I Miss You: A First Look at Death by [Pat Thomas](#) (Author), [Leslie Harker](#) (Illustrator)

When a close friend or family member dies, it can be difficult for children to express their feelings. This book helps boys and girls understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death. Titles in this sensitively presented series explore the dynamics of various relationships experienced by children of preschool through early school age. Kids are encouraged to understand personal feelings and social problems as a first step in dealing with them.

Old Pig (Picture Puffin) by [Margaret Wild](#) (Author), [Ron Brooks](#) (Illustrator)

Old Pig and Granddaughter share everything, including the chores, until the day when Old Pig says "I have a lot to do. I must be prepared". Granddaughter knows that her beloved Old Pig will soon be gone -- but her love and memories will still be there. This tender, softly illustrated story of love and loss will comfort children dealing with death for the first time.

Love You Forever Paperback by [Robert Munsch](#) (Author), [Sheila McGraw](#) (Illustrator)

A young woman holds her newborn son
And looks at him lovingly.

Softly she sings to him:
"I'll love you forever
I'll like you for always
As long as I'm living
My baby you'll be."

So begins the story that has touched the hearts of millions worldwide. It looks at love that goes far beyond space and time.

Don't forget to reach out to your children's other support networks, their schools and preschools will also have resources.

Web resources..

[Supporting a child through grief and loss | Kids Helpline](#)

https://www.grief.org.au/ACGB/ACGB_Publications/Resources_for_the_Bereaved/Grief_Information_Sheets.aspx

<http://www.childhoodgrief.org.au/>



Saying
goodbye to
someone you
love.



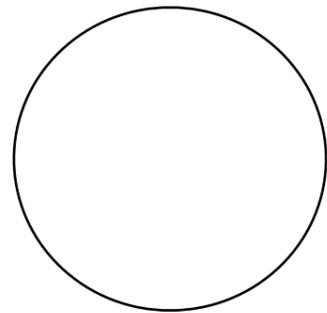
What is the name of the special person you love who has died?

What did you call them?

Draw a picture of how you know the person you love.



When someone we loves dies how we feel can be very strong. People can feel different things at different times.



How are you feeling now?

It is good to talk to an adult when we are feeling things we don't understand. Who is a good adult you could talk to about how you feel?



Sometimes it is hard to find the words to say or know the right person to talk to. You can always talk to God any time, any place.

The Dragonfly

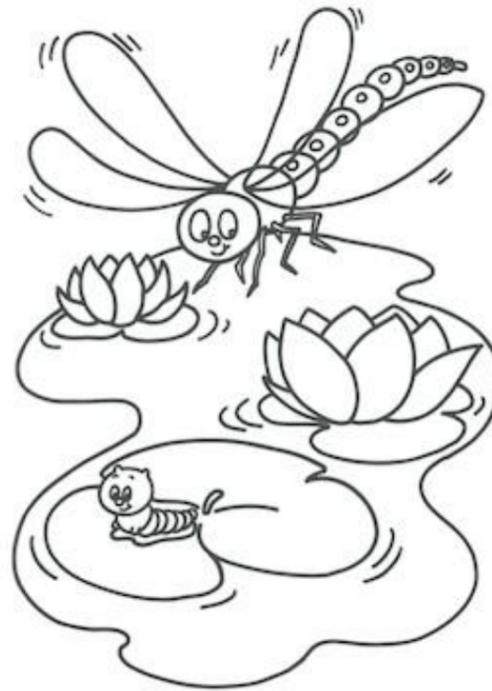
(a story to read at home)

Once, in a little pond, in the muddy water under the lily pads, there lived a little water beetle in a community of water beetles. They lived a simple comfortable life in the pond with few disturbances and interruptions. Once in a while, sadness would come to the community when one of their fellow beetles would climb the stem of a lily pad and would never be seen again. They knew when this happened; their friend was dead, gone forever.

Then, one day, one little water beetle felt an irresistible urge to climb the stem. However, he was determined that he would not leave forever. He would come back and tell his friends what he had found at the top. When he reached the top and climbed out of the water onto the surface of the lily pad, he was so tired, and the sun felt so warm, that he decided he must take a nap. As he slept, his body changed and when he woke up, he had turned into a beautiful blue-tailed dragonfly with broad wings and a slender body designed for flying.

So, fly he did! And, as he soared he saw the beauty of a whole new world and a far superior way of life to what he had never known existed. Then he remembered his beetle friends and how they were thinking by now he was dead. He wanted to go back and tell them, and explain to them that he was more alive now than he had ever been before. His life had been fulfilled rather than ended. But, his new body would not go down into the water. He could not get back to tell his friends the good news. Then he understood that their time would come, when they, too, would know what he now knew. So he raised his wings and flew off into his joyous new life!

When someone dies they go to live with God, it is hard and sad but their love for us stays with us always.



What is happening in the service?

- We come together...*
- We remember the person...*
- We remember that God is with us...*
- We Say Goodbye...*
- We take the special memories of the person we love with us...*

What is your favorite memory of the person you love? Draw a picture of the special time you have spent together.

Is there anything you would like to say to the person you love?

The things I treasured about the person I loved was..

