

Let's Talk About **I Miss You**

I Miss You talks about what to expect after someone dies. The glossary at the end of the story explains funeral, grief and soul.

When death first occurs it helps to explain to your child what events will be taking place. Will there be a wake, funeral, cremation, memorial, gathering of family and friends?

Knowing what to expect gives children a small sense of control in a situation that is otherwise out of their control.

Children will likely need to read through this story slowly. Give plenty of time for your child to think about each page, look at the pictures and ask questions.

After you have read the story together, leave the book in your child's room or in a place within easy reach. Looking at the pictures on his own may help him sort through difficult feelings.

Let's Play With Rhymes

Raindrops

(I Miss You suggests comparing the idea of souls to raindrops falling into the ocean)

Little raindrops, watch them fall
From clouds to ocean, one and all.
Falling together — I can see
They are together in great beauty.



Note to Parents & Caregivers

Questions suggested throughout this story, and ideas included at the back of the book may help both you and your child talk openly about death. Remember that one of you may feel more emotional than the other. Children may be more incredulous or frightened than sad. Support children by accepting all their feelings and ideas.

Accept
children's
various
emotions.

Let's Create

Memory Book

Creating a memory book is a great way to work through all the feelings that the death of a loved one can bring.



Create a memory book about the person who has died.



Use a scrapbook, photo album, or sheets of construction paper tied together with ribbon. Mount photos and hand-drawn pictures on the pages. Spray a page with the person's favourite perfume or cologne. Help your child write down memories about the person to include in the book.

Let's Be Together

It is difficult to talk about death with children. We want to protect them. We worry that talking about death may cause them more grief.

In fact, if we do not help children talk about their grief than they will be left grieving on their own. We cannot take the pain away but we can share it with them.

This book helps children understand life as a cycle that ends with death.

Here are some ways to share grief with your child. Sometimes sharing grief means that you take some time to celebrate a person's life.

- Ask your child if he would like to look at photographs of the person with you. It can open up talk about the person and how the child is feeling.
- Together each draw a picture of your best memories with that person. This lets you share the good memories of that person.



Children are not alone in their grief if we talk about death with them.



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