

Dealing with Death

- It's not easy when a family member, friend or pet dies. It's OK to miss them, feel sad, or cry. Also, it's OK to distract yourself by playing or to forget about them sometimes. People grieve differently.
- It's good to remember some of your favorite times together. Look at photos to help you remember holidays, vacations and other special times.
- Some children feel guilty when a loved one dies. They wonder if they should have said or done something. However, it's never your fault.
- Talk with people you trust. Share your memories, feelings, and funny stories about your loved one.
- To help you sleep, you can ask for your loved one to meet you in your dreams to have fun together.
- It's okay to pray for strength to get through times when you want to feel better.
- Sometimes you might worry that others might also die. Remind yourself that they will probably be fine, but always make more good memories with your family, friends, and pets.
- Make a special Memory Book, with photos, stories, memories, and drawings of your loved one who died. Share this with others.



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