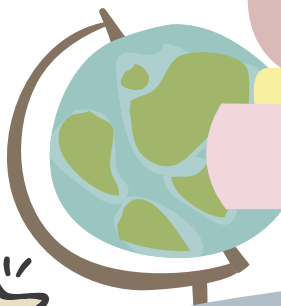




# Childrens Workbook

For ages  
7-11





## Why did our baby die?

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Sometimes babies are born too soon because they have not grown properly in mummy's tummy.

Sometimes babies aren't ready to be born and are so very, very tiny that they can't live.

Sometimes their body stopped working. This can't be fixed.



They can't feel anything, they aren't in pain.

There was nothing you could have done.

It's not your fault.



You will remember them.



# How do you feel?

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When someone dies we can feel lots of feelings, some at the same time and sometimes we feel none at all. We can feel happy and sad at the same time.

## You may feel...



Angry



Happy



Worried




Sad



Confused



Guilty





# How do you feel today?



Draw a picture or write down how you are feeling.

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## At School

When you feel ready, you will go back to school.

You can tell your teacher and friends about the baby before you go back, if it would make you feel more comfortable. Your grown up can help you talk to them.

Doing the things you normally do can also make you feel better, like after school clubs or hobbies. It is ok to have fun, even when you are feeling sad, in fact, it can help to do nice things.








What do you like to do to have fun?

Draw a picture or write a list of the things  
that you like to do

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Draw a picture or write a list  
of all the people you love

All these people love you too and are here for you.  
You can talk to them and tell them how you feel  
now or at any time.

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