






Childrens Workbook



For ages
3-7



Why did our baby die?

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 always remember them





How do you feel?



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.
You might feel sad and happy or
upset and silly at the same time!!





What makes you happy?

Draw things that make you happy. It could be bright colours, a pet, food, a person, a game, a nursery rhyme... it could be anything!





Draw a picture of
all the people you love



All these people love you and are here for you.
Talk to them anytime you are feeling sad.

