



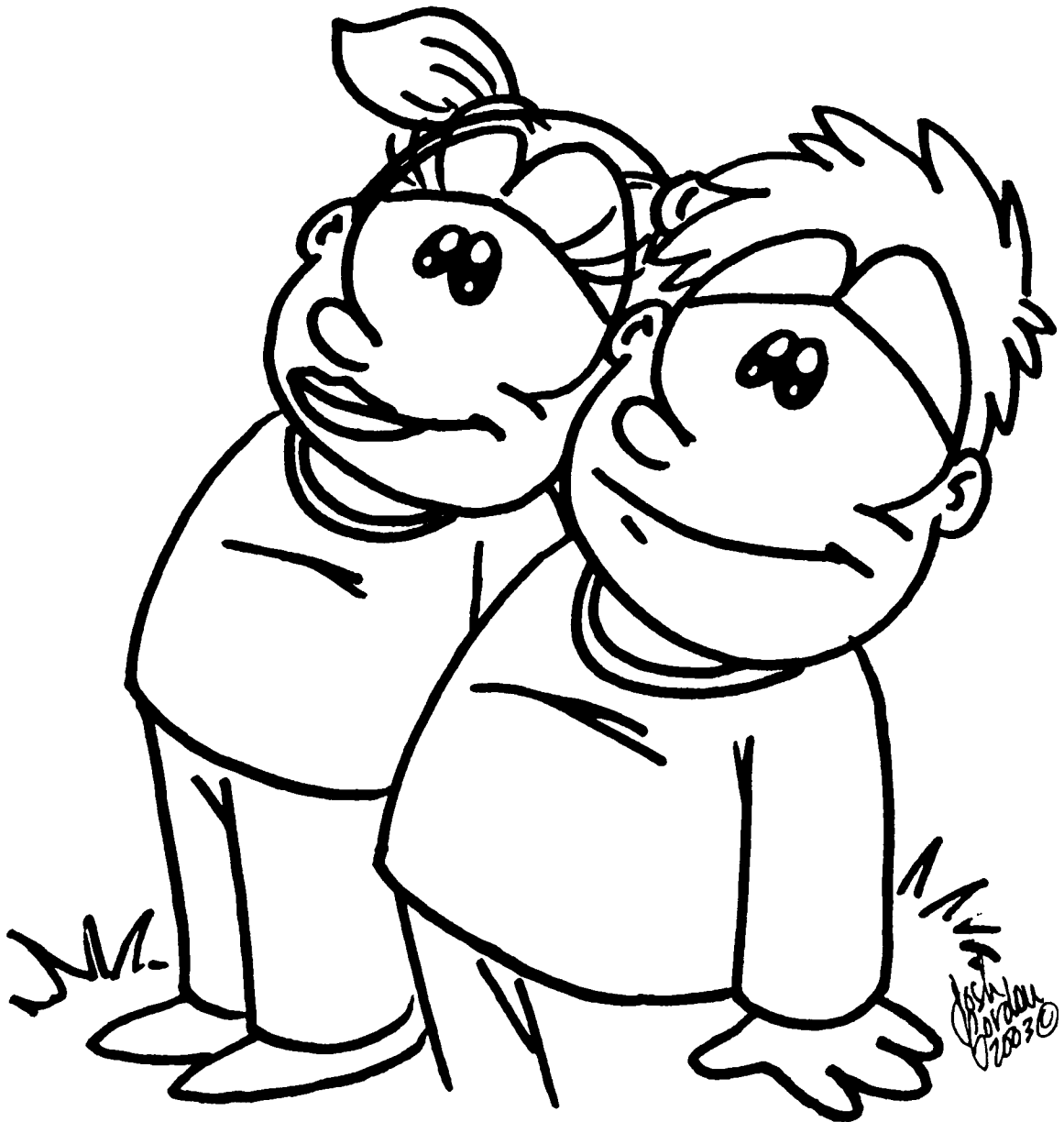
WHEN SOMEONE DIES

A Kid's Book About Funerals and Feelings

Published by R.H.B. Anderson Funeral Homes Ltd.

Written by Cheryl McQueen

Illustrated by Josh Gordon



Note to Parents

The death of someone special is a very painful experience for everyone in the family, including the children. We encourage parents, if possible, to include the children in some of the planning when a death occurs. Children who are included in an appropriate manner with the funeral, will usually show far less stress in managing their feelings.

Suggestions to help your children understand their feelings about the death.

DO:

- Have the family together when breaking the news about the death.
- Provide an open and honest explanation about the nature and cause of the death.
- Use language appropriate for their age group.
- Encourage the children to express their feelings. Sometimes children may feel responsible for the death. They need to know that nothing they did or said caused this person to die.

DON'T:

- Don't be afraid to cry in front of the children. They sense your sorrow and need to know that crying when someone has died, is appropriate behaviour. Sharing your sorrow and sadness with the children lessens the emotional stress of the death events.
- Don't expect them to grieve all the time. Children deal with grief in doses.
- Don't overburden children with information. Answer their questions with simple straightforward explanations.

Finally, please remember that this book is simply a resource to help children understand feelings about death. Encourage them to discuss their feelings and concerns with you but do not force a conversation.

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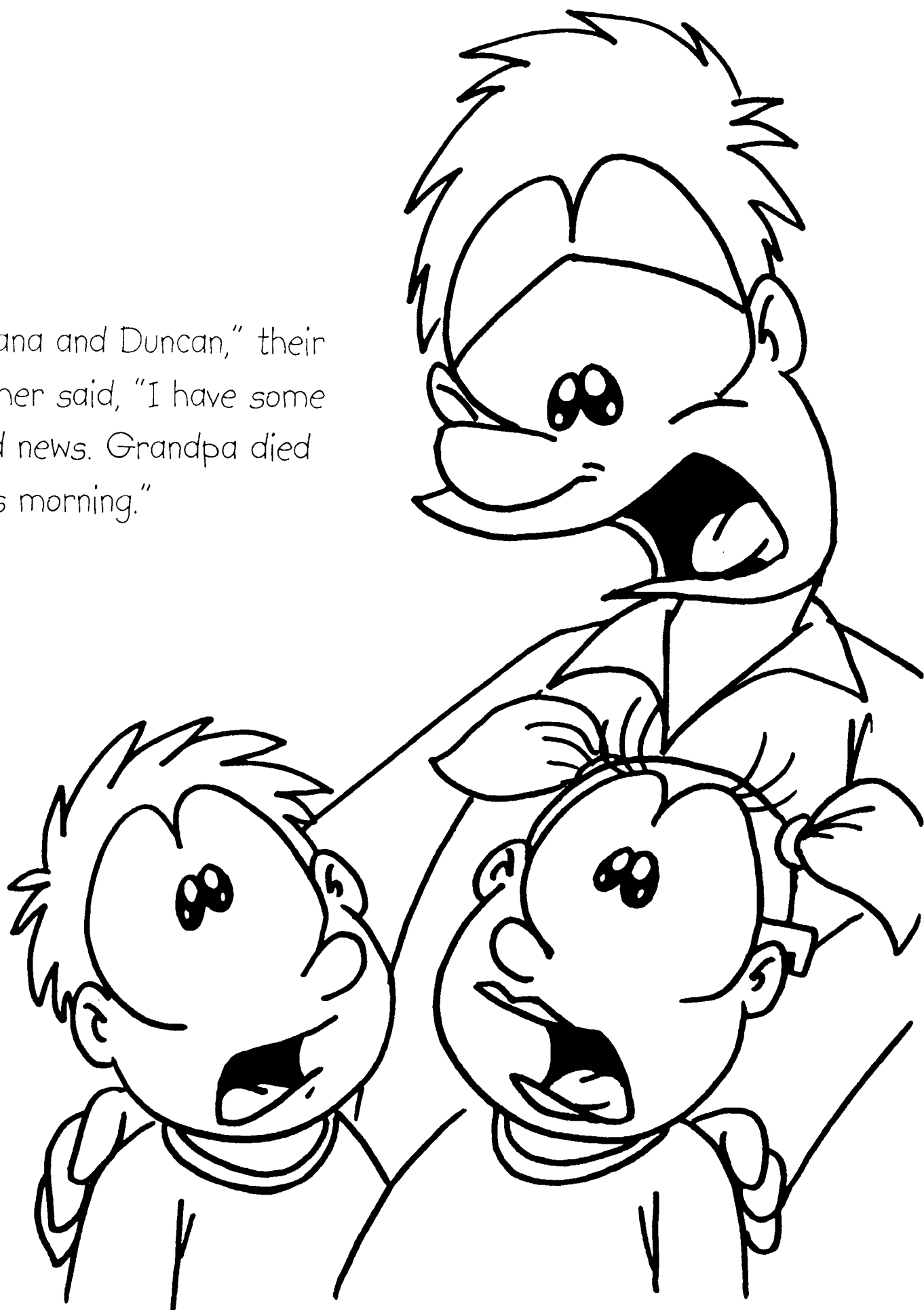
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Duncan and Dana are walking with their father in their favourite park. Dana asked, "Why didn't Grandpa come? He always loves to come here with us to see his favourite birds."



"Dana and Duncan," their father said, "I have some sad news. Grandpa died this morning."



"How? When? Why?" The children had many questions.



"Did Dana or I do something wrong to make Grandpa die?"



"No Duncan," said Dad.

"Neither you nor Dana did
anything to make Grandpa die."





Jenna, a friendly little bird, hears what they are saying and flies down to offer comfort and advice to her friends.



"Everything living must die: Dogs die, cats die, horses die and trees die. Butterflies die. Even I will die.

Death happens to everything.

It is a natural part of living," described Jenna.



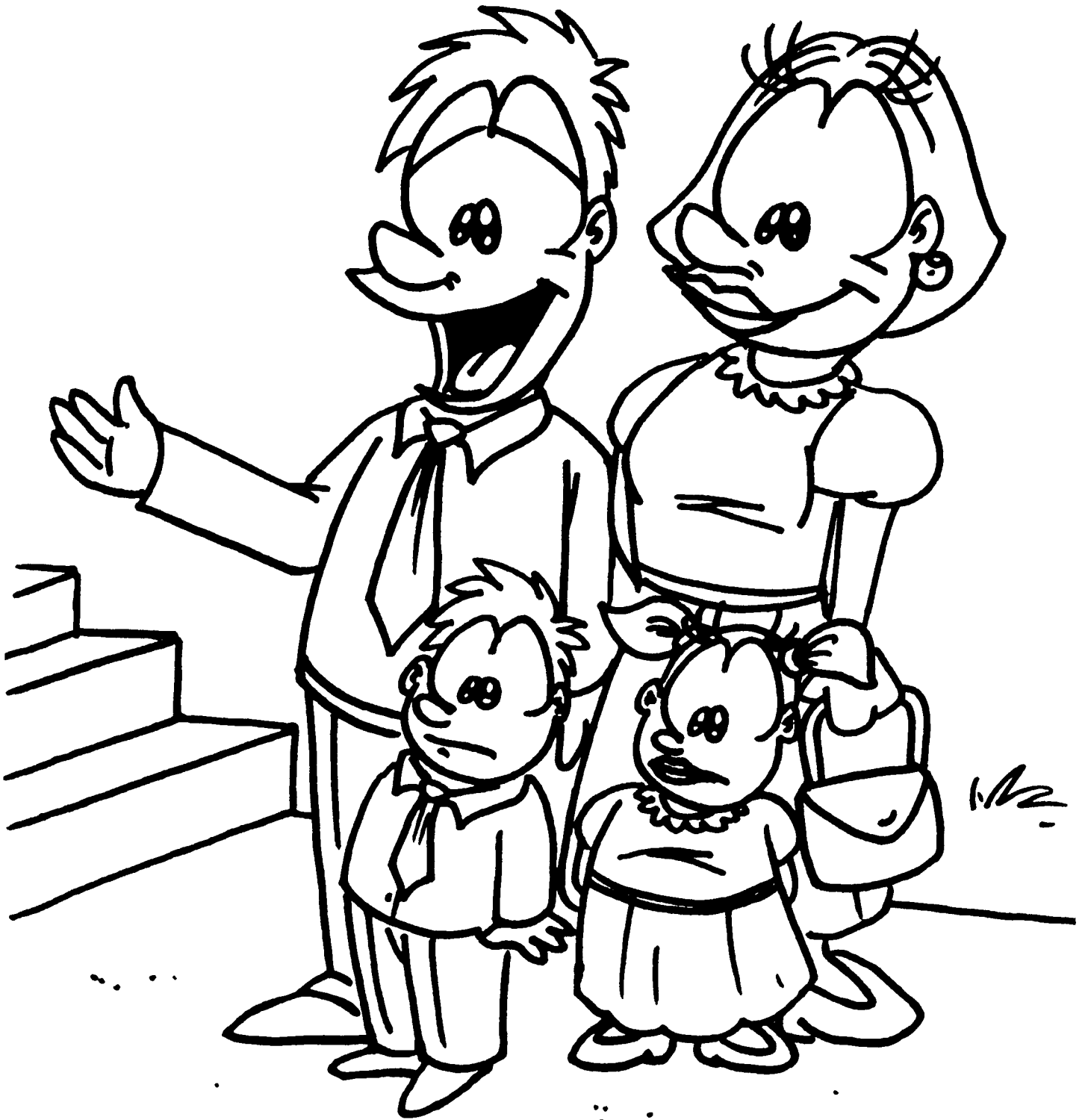
"If I become ill or sick, will I die too?" asked Dana.



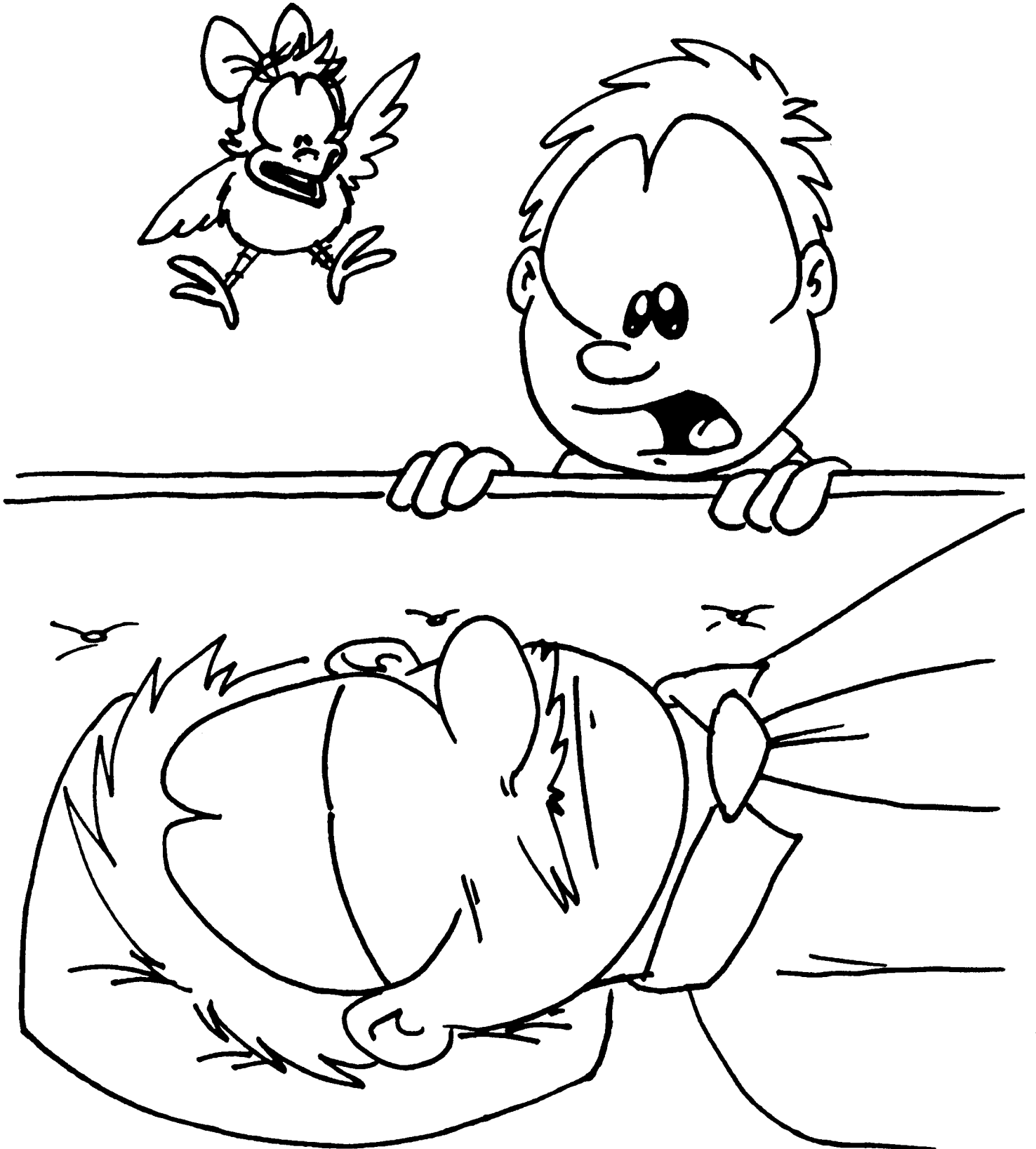
"Just because you are ill,
does not mean you will die."
Jenna reassured Duncan and Dana.



In a couple of days, Duncan, Dana and their parents arrive at the funeral home. "A funeral home is a special place where family and friends come to honour their dead ones," explained their father.



Jenna also tells them, "When a person dies, their body doesn't work anymore and their heart stops. They can no longer breathe, think or feel anything. Usually dying does not hurt. When people die, they lie on a special bed called a casket. This casket is very comfortable, for it has a lovely soft pillow and satin sheets. See how peaceful your Grandpa looks."



"Today, a lot of Grandpa's family and friends will come here and visit with us, and talk about all the good times they had with Grandpa."





Although we only see the face and the top part of the person,
the rest of their body and legs are underneath
the lid of the casket.

When someone dies, looking at pictures helps us remember the wonderful times we had. You may feel sad and cry. That is O.K.

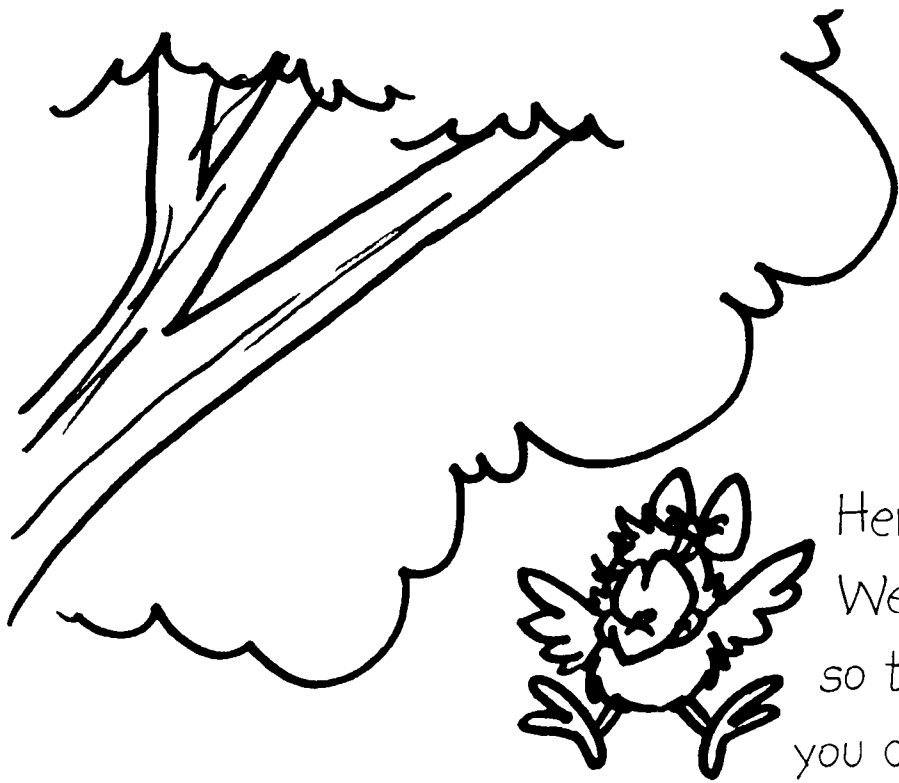




After people die, some are placed in a beautiful garden called a cemetery. Many people come to this special place to remember those who have died.

Dana and Duncan think of all the good times they had with Grandpa in the park, where he used to love to watch the baby birds through his binoculars. "See how much better you feel when you think about the person who died?" exclaimed Jenna.





"Here Grandpa.
Here are the binoculars.
We will leave them here
so that wherever you are,
you can still watch the baby
birds." smiled Dana and Duncan.



Later that day, Duncan and Dana enjoy reading a story with their Mom. It is O.K. not to be sad all the time. Your special person would like you to have fun.



"The next two pages are for you to draw and colour your own pictures," instructs Jenna.



Here is a picture of my special person.

Here are some drawings of my feelings.

Publisher – Richard Anderson, Funeral Director



Richard Anderson, of R.H.B. Anderson Funeral Homes Ltd., of Hagersville, Fisherville and Onswicken, has been providing services to the bereaved in the Haldimand-Norfolk area for over 35 years. Always a forward thinker, he is one of the first funeral directors in Ontario to employ a grief counsellor and to establish an annual memorial service entitled "Blue Christmas". He is also one of the first to fully fund and sponsor educational grief seminars for a wide variety of businesses, including hospital personnel, nursing homes, schools, and numerous workplaces. In 1986, he published his first colouring book for children ages 4 to 9, "When Oliver's Grandpa Died". Although this book was a success, it became apparent that it was necessary to update the book and address the grief issues of today. This evolved into the writing, illustrating and publishing of his second colouring book "When Someone Dies - A Kid's Book About Funerals and Feelings". Richard's place of residence is in Hagersville, Ontario, where he lives with his wife, Cindy and six daughters.

Author – Cheryl McQueen, Grief Counsellor



Cheryl established Bereavement Services Support & Education in the Greater Hamilton area in 1988. In 1991, she joined forces with Richard Anderson of R.H.B. Anderson Funeral Homes Ltd. to provide follow-up to the bereaved of the Haldimand-Norfolk counties. Since then, she has facilitated:

- grief support groups for all ages from children to senior citizens
- grief education workshops and crisis intervention for schools, communities, and the workplace
- private counselling.

Cheryl has developed and written many workbooks for the bereaved, the most recent being "Wee Kids Grieve 2" and "When Mom & Dad Separate" for children 6 to 12 years of age. She resides in Dundas, Ontario with her husband, Nairn. They have two sons, Mark and David.



Illustrator – Josh Gordon

Drawing has always captured Josh's interest and as a child he spent many hours doodling. Since then, Josh has developed over fifty unique characters. He is a 16 year old Grade 12 student at Barton Secondary School in Hamilton where he continues to take various art courses. Some of Josh's artistic projects include promotional material for a private school, children's colouring books, seasonal greeting cards and illustrations for an international magazine. Josh's goal is to continue creating "fun stuff" that helps children to discover their imagination.

"This book touches the hearts of children in grief and has an amazing power to comfort them, as they relate to Dana and Duncan"

Anne Jones, Writer, Politician and most of all, a Grandmother

"As parents and grandparents, few challenges are more difficult than explaining a death in the family to a young child. This is especially hard to do when there is so much sadness and confusion. This neat little colouring book provides a rare opportunity to explain what happens when someone dies through interacting with your child or grandchild, as you both explore the words and pictures. Cheryl, Josh and R.H.B. Anderson Funeral Homes are to be congratulated for making this easy to read and an easy to colour educational resource so readily available to us when we need it most "

David W. Adams, B.ScN, M.S.W., R.S.W., C.T.

Private Therapist and Thanatologist

**Professor Emeritus, Department of Psychiatry and Behavioural Neurosciences
Faculty of Health Sciences, McMaster University**