

Remembering....



This book is for children to do at their own pace with an adult, to help them remember and talk together about the person who has died.

Remembering  
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Stick or draw a picture here of  
the person who died.

I'm sorry that someone very special in your life has died.  
You're probably missing this person very much.

When you miss somebody it may help you to make  
a book of memories so you can look at it whenever you want.  
You can collect together all sorts of things. You can draw  
pictures, write down your thoughts and feelings and keep  
photographs and mementos in it.

It may help you at difficult times and  
will be yours forever.

And the good thing is... that it's fun to do. For some parts  
you may like a grown up to help you. When you're finished it  
will be something very special to keep and talk about so you  
can always remember the person you loved so very much,  
and who loved you so much too.

THIS BOOK BELONGS TO:

I'm ..... years old

TELL ME SOMETHING ABOUT YOU



In the following pages we are going to talk about what's happened and how you feel about things. There are no right or wrong answers.

Take your time to finish the book. Sometimes you may get upset and have a cry. It's a way of your showing sadness and you'll probably find that after your cry you feel a bit better.

It's quite normal to feel upset. It's a bit like having



a cloud hanging over you that nobody else can see. Other people who have had someone die might have a cloud as well.

After a while it will blow away and it's lovely and light again. Sometimes at the most unexpected times that cloud comes back and casts a shadow but usually it soon blows away again.

Hopefully one day those shadows will fade and you can smile and think of the lovely memories you have.



Can you draw a picture of the thing you most enjoyed doing with the person who died.



ABOUT THE PERSON WHO DIED...

What colour were their eyes?

.....

What colour was their hair?

.....

What made you laugh together?.....

.....

What clothes did they wear?

What did they like to eat?

Is there music that reminds you of them?

What made them happy?

What did they like to drink?

Is there a smell that reminds you of them?

How old were they when they died?.....

MY MEMORIES:

What I will never forget about them

They were very good at

They weren't very good at

What I miss most about them

I remember them saying to me

I remember them giving me

I liked being with them because





Write about the day you said goodbye to the person you loved...

Which special people were there

Did anybody say kind things to you

What things did people say about the person that has died

A picture of my life before they died.

A picture of the things I like doing now.

People have different beliefs about what happens when someone dies. What do you think?

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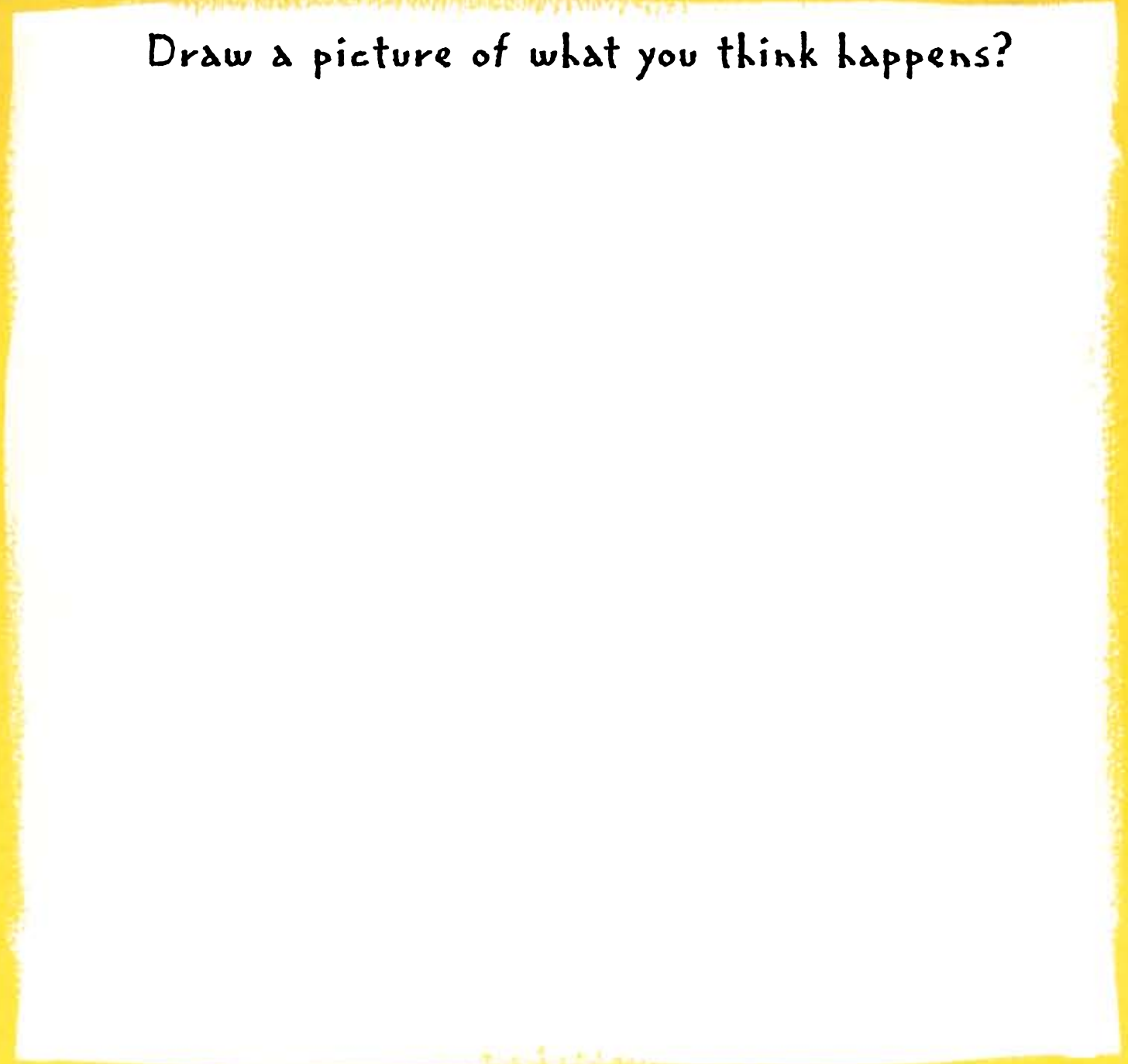
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Draw a picture of what you think happens?



If I could whisper something to ..... now it would be?

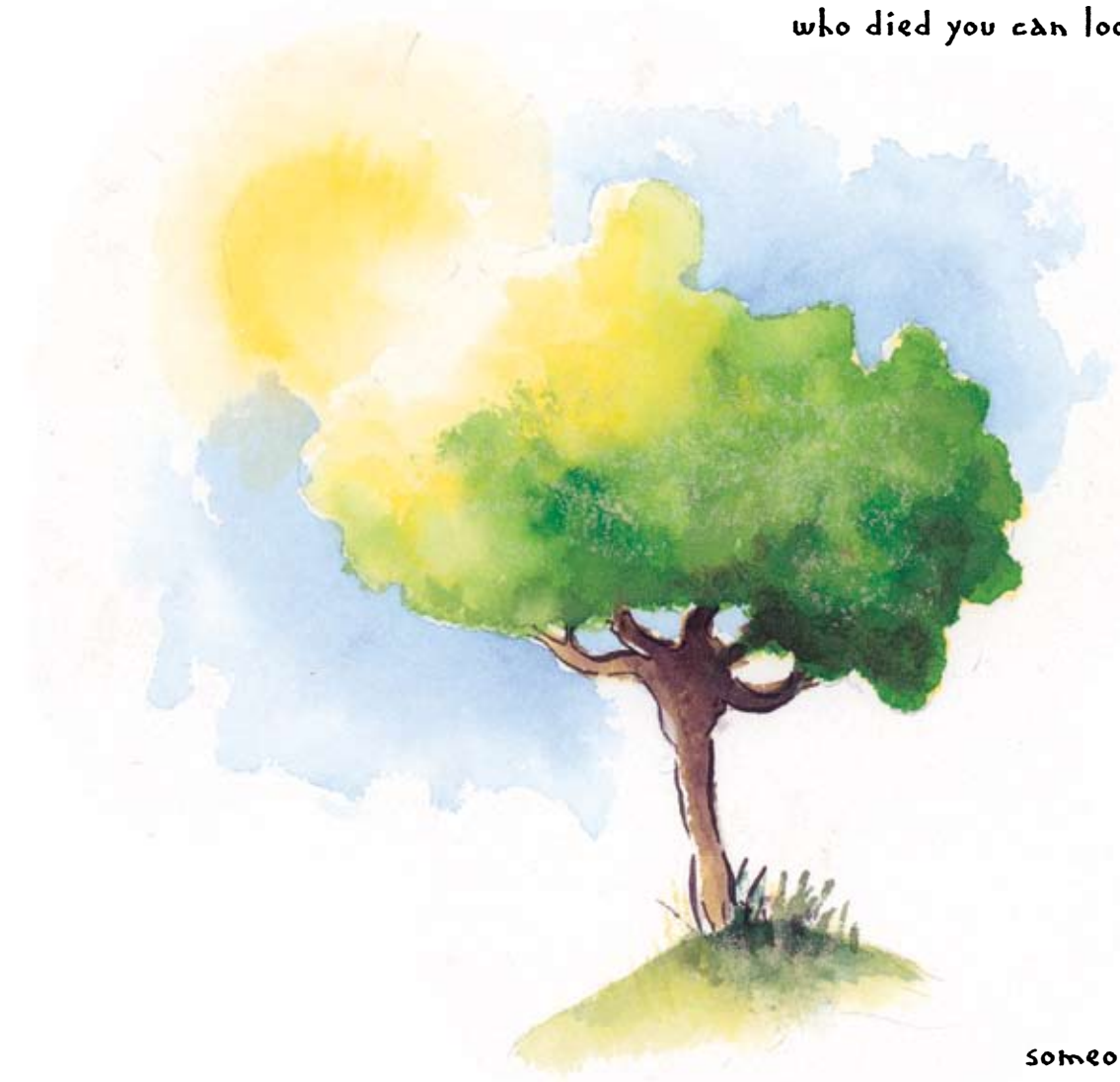
Space for extra drawing and sticking

Space for extra drawing and sticking

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When my daddy died I planted a special tree for him. Now you've done something special too. When you want to remember the person who died you can look through your beautiful book.

**Dianne Leutner, Author**



Just after my mum died, I went outside into the field behind the house. A huge white owl, the biggest I'd ever seen, swooped low over the field and over our house, then flew away. I watched it until it was out of sight. I'd never seen it before and I never saw it again.

**Daniel Postgate, Illustrator**

My friend Steve died and I was very sad but someone told me Steve was now like a star shining down, smiling on us. Now when I see stars twinkling in the night I think of Steve and it makes me happy.

**Joan Gorman, Designer**

The love you have for your special person will never die and they would



now want you to be happy and choose to have joy in your life.

