

Ben's 'Top 10 Tips' to help you if someone important in your life has died



1. Life changes a lot when someone you love dies. You might feel sad, angry, upset or worried at times and that's normal.

2. It's ok to cry, even if you only get upset when you're on your own because you don't want anyone to see you.

5. Pick an adult you feel comfortable with and talk to them. They will want to help you in any way they can. Most adults try to help, but sometimes they need some ideas about how.

7. Ask for a 'time-out card' at school even if you don't think you will ever use it. Just knowing that you can leave the room if you need to really helps.

9. If you have pets, spend time with them. It helps to look after something else, and you can tell your pets anything and they can't tell anyone else!

3. Always do whatever feels right for you. Only you will know what that is.

4. Write things down. It really helps.

6. Make a memory box so you remember the person who has died.

8. Give your family ideas about how you want to remember the person who has died. They might like your ideas, and that feels good.

10. Always ask questions if there is anything you are unsure about or don't understand about people dying. There is never a silly question.