

someone special
to me

Phyllis Tuckwell® 
Hospice Care
...because every day is precious



Foreword

The Coronavirus pandemic has turned the world upside down and affected everyone, none more so than those coming to terms with the death of a loved one.

In normal times, this can be an overwhelming experience for adults and children alike, but due to the many restrictions in place, this has become even harder.

Many parents and adults find death a difficult subject to explain to children. What often helps children is the opportunity to say goodbye, and this is difficult if they have been unable to visit their loved one when they were ill, or even attend their funeral. Children may be left with many uncertainties, fears and difficult issues to cope with and often find these very hard to talk about, especially to another close family member or friend.

Well intentioned adults may try to shield or protect children from what is happening. This can mean that children are not involved or enabled to say goodbye to their loved one, but it is important that they have the opportunity to say goodbye too.

This booklet and accompanying video have been created to help children in bereavement during this difficult time.

If you would like to discuss any issues about talking to children about illness, death and dying, our dedicated Child & Family Support team of counsellors and psychologists can help. We will work with parents and guardians alike, helping you to understand your own fears and prepare you to support the children/young person in your care.

Prepared by the Children & Family Support team at Phyllis Tuckwell

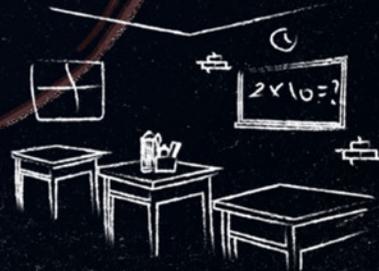
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Life is very different at the moment.

I haven't been able to go to school.



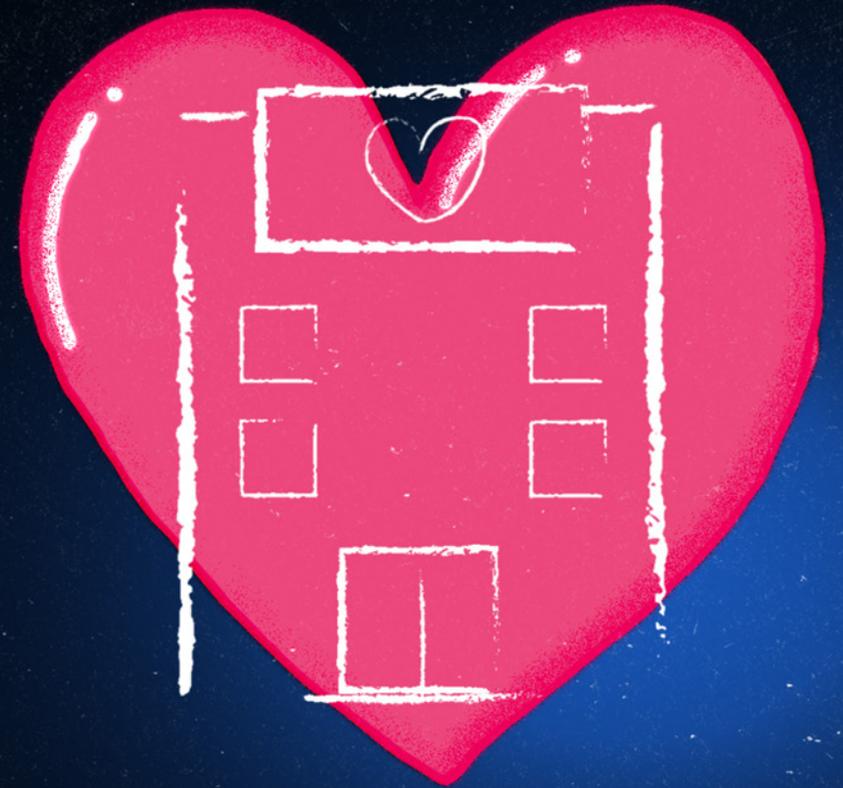
I can't go out much at all.

I miss seeing my family and playing with my friends.

I'm very sad.

Someone special to me died recently, when they were in the Hospice.

When my mum told me, she gave me the biggest, longest hug.



I knew they were ill and might die, but it was still a shock.
I wanted to visit them when they were ill, but wasn't allowed.

We were all very sad.

They were looked after by the Phyllis Tuckwell nurses and doctors.



I wanted to hold their hand, but I couldn't.

So the nurse held their hand for me and told them how much I loved them.

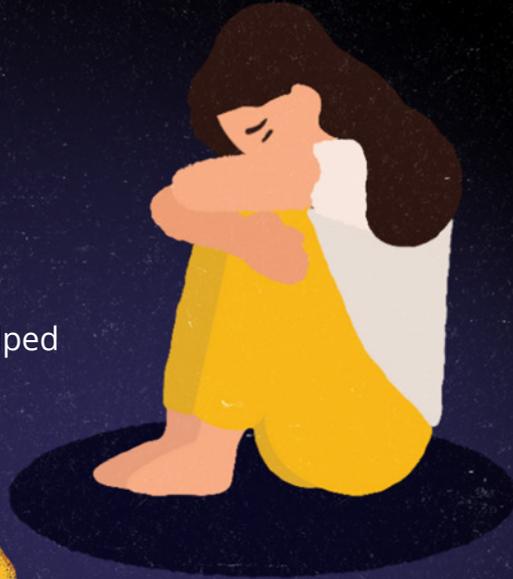
I'm glad they weren't alone.

I wasn't allowed to go to their funeral either.

I wanted to say goodbye, but I couldn't.

It was all very confusing.

I chatted with Mum and she helped me feel better.



So I'm going to say goodbye in a different way.

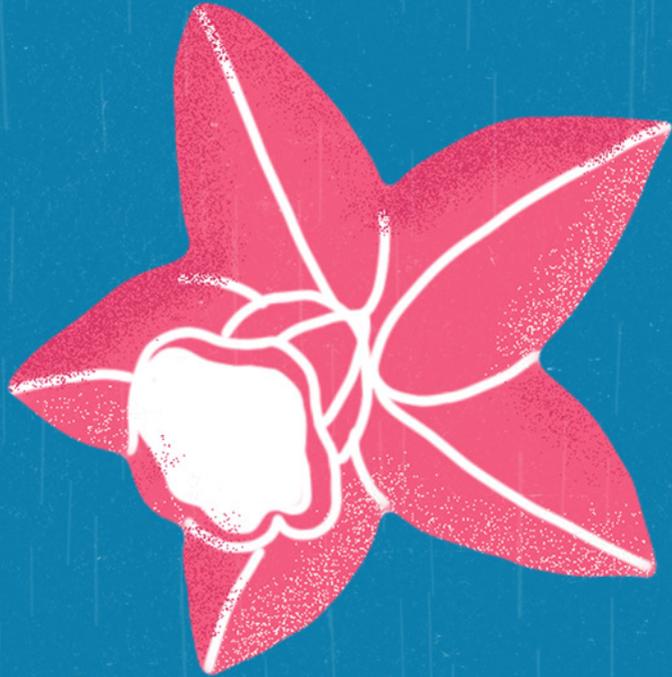
The lady from Phyllis Tuckwell suggested I write a letter to them.

And I drew a picture of the forest.

This was our favourite place to be together.

We cried.

I wish I could have hugged them.



I've found some photos of us having fun, and I'm going to put them in a special book that I can keep.

I'm going to put the letter in the book too, and write down my memories of happy times we spent together.



I love you ♡

Mum told me that when someone dies, they won't come back.

But that doesn't stop me loving them.

They will always be very special to me and memories of them will live in my heart forever.

If you would like to discuss how best to support children in bereavement, please contact our Children and Family support team at Phyllis Tuckwell.

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