



Its not your fault

Amidst the rustling leaves, under the shade of a tree, the little girl whispered her deepest worries to her green dinosaur friend. "Why did it happen?" she asked. The wise dinosaur, seeing the butterfly flutter above, said, "Life has its twists, dear one. Just as this butterfly's journey is unpredictable, so is ours. Remember, it's not your fault."

You might believe that you were to blame for your loved one's illness, accident, or death. Talk to an adult about how you feel. You two can say it wasn't your fault.

It's normal to feel bad when you know you've hurt or annoyed someone you care about. Remember, though, that they forgive you and that God does too. Allow yourself to forgive.







Tears flowed freely, not just from the children's eyes but also from the eyes of their plush teddy. A gentle purple dinosaur approached with understanding, while a blue butterfly lingered, teaching them that shedding tears is a way to heal.

It's sad when someone you care about dies. Tears will fall, but they can be good. Being sad is fine.

You might not want to cry because you think you are too big. Not at all. You may even start to cry over things that used to make you laugh, like a shoe that won't tie, a broken toy, or homework that seems too hard.

Tell someone you trust how you feel about this.

It's okay to cry when you're sad.

There's a good reason.



Where Is Your Loved One Now

On the serene beach, the girl watched as a baby dinosaur emerged from its egg. The birth, under the watchful gaze of a yellow butterfly, sparked questions about beginnings and endings, making her ponder where her loved one might be.

A lot of people see death as the start of a new spirit. It's like how a caterpillar turns into a beautiful butterfly.

Now your loved one is free,
happy, and beautiful.

You might be worried about where your loved one is, though. A lot of people think that when someone dies, their spirit goes to heaven to be with God.

What do you think?





Hug your family

The boy's arms spread wide, ready to embrace, while a tear rolled down his cheek. A small green dinosaur nudged him lovingly, emphasizing the importance of closeness, comfort, and family bonds during tough times.

Even though you miss the person who is no longer with you very much, you can still find joy in the company of others who are in your life because they love you.





It's ok to ask questions

Perched on a red dinosaur, the girl's inquisitive finger pointed towards a matching butterfly. Her mind buzzed with questions, and the scene reminded her of the value of curiosity and the importance of seeking answers.

Your parents might not seem willing to talk to you because they are busy getting ready for the funeral. They love you still, though. Talk to an adult who cares about you or an older brother or sister.

This is where you can say goodbye to the person who died and be with people who care about you. As people talk, remember, cry, and laugh, you can join in. Maybe you want to know more about the casket, the body, or what will happen at the grave yard. Talk to someone about the things you're worried or curious about.



Tears united the siblings, their grief evident. Two dinosaurs of varying sizes stood by them, silently encouraging them to express their emotions and share their heartaches. Speaking and sharing can often lighten heavy hearts.

You may feel sad, angry, scared, or alone when you lose someone close to you. Try not to show how you feel because it might make things worse. Talk to someone who cares about you about how you feel right now. When people are really sad, they some times get headaches or stomach aches. You are sad in every part of your body and mind, after all.

This could happen to you. Tell an adult about it. You might think more about what makes you angry when you're by yourself. It's possible that you have trouble sleeping at night. You can read a favourite book or ask someone to read to you.







In the dim glow of the night, tears shone in the boy's eyes. The gentle presence of his green dinosaur assured him that those gone remain in our hearts, living on as cherished memories and special friends.

It's possible that you'll feel guilty about the fact that you can still enjoy yourself and have fun playing sometimes. However, your loved one would want you to be happy since it is what they would want for you.





On the vast ocean's stillness, a toddler slumbered peacefully atop a gentle whale, embodying pure trust. The serene setting conveyed a message: even in times of loss, life has a way of ensuring we're cared for and protected.

After a loved one dies, you won't be alone. Someone will always look out for you. You may worry about dying yourself or with someone you love. Most people live long. Talk to a parent or adult about maintaining your health and safety.

Remember that being unwell rarely kills.

Most illnesses and injuries recover on their own or with rest and medicine from a doctor.

Some things will change

Surrounded by six protective dinosaurs, the boy, with a tear in his eye, began to understand the evolving nature of life. Grief may bring changes, but it also brings growth, resilience, and new bonds.

This wonderful individual will never return to earth, which is hard to accept. Missing them will take time to overcome. It is unusual to visit the deceased's home or room without finding them. Put a cap, sweater, or perfume to your nose to feel closer.

The first year after death is difficult.
You'll miss your loved one at family gatherings
and holidays. Share wonderful recollections.
Put a particular Christmas ornament on the
tree to honour your loved one.



It's Good to Remember

The boy stood tall, his silhouette framed by the set ting sun and his dark purple dinosaur companion. In their shared silence, memories flowed, reminding him and the readers that remembering and cherishing moments of joy can help heal a grieving heart.

Decorate your room with a nice picture that reminds you of someone you love, or ask someone to help you create a special book with pictures of your favourite memories together. Can I please have something that belonged to the special person, like a pretty neck lace, a cool hat, or a fancy plate? When you see or touch it, you will feel like you are close to him or her.

Can you please make a drawing of a really fun and happy moment that we had together? Or write a letter to someone you love and miss, telling them how much you care about them. The people you love will always be a part of you. What did you learn about life and love from this special person?





May this book aid in the healthy grieving and development of children. May it aid us in helping children and in our health.

We don't need to be professionals to make a difference in the life of a generous child. While this may be a child's first encounter with death, we adults have the "advantage" of having dealt with other losses in the past. With this experience under our belts, we can help a young person experience healthy loss.

A child who has lost someone close to them needs reassurance that life goes on and that broken hearts can heal. We can clarify that their sentiments of loss and grief are very natural and to be expected. We can assure them that they are in a secure, loved, and cared-for environment. We can help them get through their sadness by encouraging them to talk to someone they trust about how their feeling. We can reassure them that, while it may seem impossible now, the pain of his loss will eventually lessen.

A youngster in mourning needs to be heard, but they also need to be able to express their feelings. It's crucial at this age to listen to a youngster and help them find words for their worries and concerns. Without this, they may be more prone to exaggerate their concerns and substitute their imagination for reality.

Note: This narrative emphasizes understanding grief, seeking help, and nurturing emotional well-being. It aims to resonate with young readers and offer them comfort and insight.

This book has written and illustrated by the caring team at Funera. www.funera.sydney