

- Draw/paint a picture
- Create a memory box- for your keepsakes
- Talk to someone about how you are feeling - most children find it helpful. It could be your teacher or a teacher from a class you had before and got to know better. Some schools also have a person who is trained to help and support you at this difficult time. Ask your teacher about this.
- The class could do something to remember your brother or sister who has died but only if you feel okay with this first.
- The class could do something to remember everyone who has died; that would give you the opportunity to remember your sister or brother.

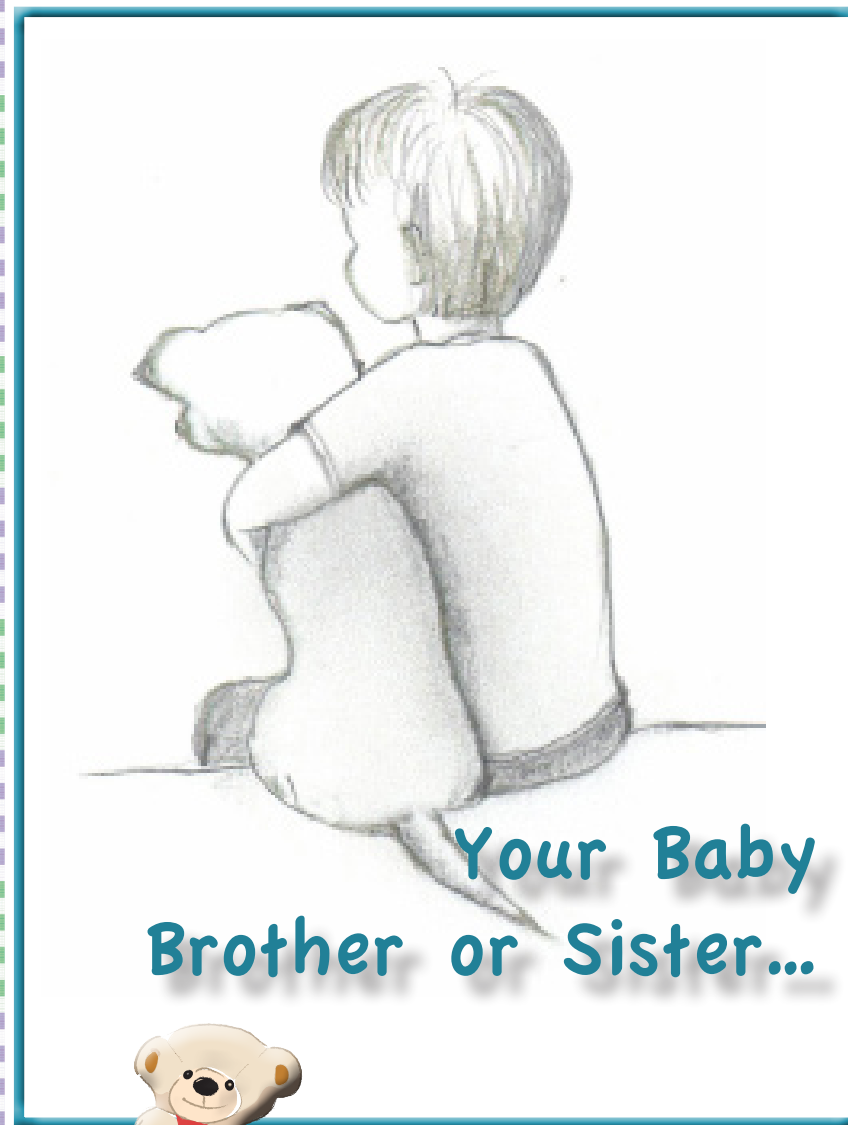


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 (Leaflet-Brother or Sister)



When someone you love dies, it makes us sad or maybe mad. You may think you are the only person in the world feeling the way you do, and this can make you feel lonely. Everyday, there are children whose brother or sister has died or someone else that they love. And even though your feelings might not be the same, you are all grieving.

“Grieving” is when you feel sad and miss someone who has died. It is an empty feeling you get when you remember that they are gone. This can be really hard to understand when it is your little baby brother or sister who has died and you didn’t really get to know them but you still feel sad.

- **You may feel sad and need to cry or be quiet.**
- **You may feel angry and not know how to talk about that.**
- **You might feel scared.**
- **You may feel tired and might be sleepy more than usual.**
- **You may feel like playing with your friends and you might not.**
- **You may not want to go to school as you might be unsure of what to expect from your friends or how you will feel in school.**
- **You may get stomachaches or headaches.**

Whatever you are feeling, it is okay to feel that way.

There could be a lot of people coming and going to your house and helping your Mum and Dad. They may do the shopping, make dinner or collect you from school. You might find that everything is a bit different at home at the moment. It will settle down after a while.

You might find it difficult to see your Mum and Dad upset or crying, it is normal for everyone to feel sad.

When a brother or sister dies everyone in the family will be grieving. That might make you scared you will make them sad if you talk about how you feel. The truth is that your family, especially your Mum or Dad, or someone close in the family would like you to share how you are feeling, but it is also okay if you do not want to talk. Maybe just saying to your Mum or Dad, or your granny, grandad or teacher that you don’t want to talk would let people know that you need some space. Sometimes, it helps to talk to your Grand Parents, an Auntie, Uncle, Cousin or Friend.

Sometimes, other people might forget that you are grieving too. It’s okay to say that... “someone I love died” or “I feel sad because...” and tell them why.

Sometimes, someone might say things they think will make you feel better but it can hurt your feelings instead. Others might not say anything at all, because they think talking about the person who has died will upset you and that can also hurt.

Remember -

It is okay to feel angry or sad or to have other feelings.

You cannot control what you are feeling ... BUT you can control what you do with those feelings.

Other children have found it helpful to -

- **Write a story of how you are feeling**

