

5 ways to talk to a child about death

1

Be calm, honest and straightforward. Use simple words like died, death, cancer. Euphemisms can confuse children.

2

Encourage children to talk about it and how they feel. Check their level of understanding, repeat key information as needed.

3

Invite Questions. Listen, then answer based on their age and stage. Bite size pieces of information work best.

4

Reassure them that they are safe and it's not their fault. Help them identify people they know who are supporting them and will continue to.

5

Involve them in family events. Such as planning gatherings or memorial ceremonies. Encourage their contribution, however small.