

## Share books about change and loss

### You will need

- Cushions, blankets, glow toys, rugs, chairs, duvets, pop up tent or a big cardboard box, pegs, scarves, mirrors, teddy bears, books

### Books about change and loss

*Dogger* by Shirley Hughes

*Owl Babies* by Martin Waddel

*The Rabbit Listened*  
by Cori Doerrfeld



### ! Why this activity is important

- Making a snuggly space together gives your child (and hopefully you too!) a place to rest and feel calm.
- Giving time and space to talking about change and loss helps tackle anxiety and fear around it and demonstrates how to find positive ways to move forward.

### Playing together

- Make your snuggly book corner together using what you have found around the house.

*Where shall we put these cushions?*

*I wonder what would feel snuggly here?*

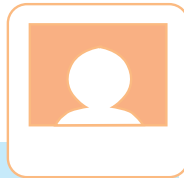
- Share the books about change and loss together as you snuggle up.
- Spend time talking about the pictures, how the characters felt and how they coped.

*Look what the rabbit is doing...he is talking to his friend... now he looks like he is smiling.*



# Thinking of You

Create a photo frame of someone important in yours or your child's life who has died



## You will need

- Photograph(s)
- Plain paper and glue
- Decorations for the frame (pasta shapes, buttons, etc.)



## ! Why this activity is important

- Talking about photographs of family members or friends who have died helps your child to remember these special people so they can remain an important part of your child's life.
- If children have grown up seeing photographs and talking about loved ones that have died, this can help them to cope with difficult feelings due to bereavement when they are older.

## Playing together

- Find a photograph of someone important in your life who has died – they may be someone that your child never met or someone who has died more recently.
- Chat about who is in the photograph and what they are doing.

*This is your Grandad baking a cake. He made yummy cakes!*

- Place the photograph in the middle of your paper and from your collection of objects stick a couple things on yourself to show your child what they need to do and then carry on filling in the frame together.
- Keep chatting about the people in the photographs as you fill.

*Do you remember when we...?*

- Ask your child to place the photo somewhere in the house.

# Look How I've Changed

## ! Why this activity is important

- Chatting together about how things change (especially using things that your child can see and touch) helps children to understand that things change over time (including themselves!). This activity can be very helpful in preparing children for upcoming changes.

## Recognising and preparing for changes in our lives



### You will need

- Collection of objects (photographs, clothes, toys) from when your child was younger and similar things now they are older



### Playing together

- Choose one group of objects to look at first (photographs for example) and lay them out in a line so you and your child can see them.
- Start with the photograph showing your child as a newborn at the left, moving towards the right.

*Here's you as a little baby.*

*The next photo is when you were a little bit older and you started waving.*

- As you move through the timeline of photographs emphasise the changes that you are seeing e.g. crawling to walking or being fed to feeding themselves.
- Carry out similar chats using the other objects you have collected.
- You could then compare objects and introduce objects for upcoming changes e.g. 'tiny hat when you were a baby....look at your bigger hat now.'

*You used to wear nappies, now you use a potty and soon you will use a toilet.*