

# Helping a child understand death

Fortress Press - Death: How to Explain it to Children



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## 15 Children's Books That Help Kids Understand Death

Most likely, this is the age when many of the questions over death will begin. It's important that you take time to grieve in situations where you knew the deceased in some way, because addressing your own feelings and preparing appropriate responses means you can better help the children in your care when a death occurs.

### Grief

Grief Response Children in the middle years often become concerned with how others are responding to the death by focusing less on themselves and more on others. But when it came time to tell him that Bumpa was gone, I was at a loss. If you are struggling with grief, subscribe to our free online bereavement program.

## 15 Children's Books That Help Kids Understand Death

Children show us through their play what they are thinking about. Although children may not completely understand the ceremony surrounding the death, being involved in the planning of the funeral helps establish a sense of comfort and the understanding that life goes on even though someone loved has died.

### How Do Children Comprehend the Concept of Death?

Express your own feelings regarding the death. I strongly believe that just as we need to help children understand the facts of life, the facts of death also need to be broached.

### Helping Children Cope with Death and Dying

Let children know that their feelings will be accepted. Acknowledge what a difficult time this is for you, and let the child know you are likely to feel this grief for a long time, though they may experience grief differently.

**Adults can help children cope with death by understanding how they process it**

Anger, guilt, despair and protest are natural reactions to the death of someone loved.

### **9 Books to Help Kids Understand Death**

Give your child time to heal from the loss. It may signify their inability in the moment to acknowledge very painful reality.

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## Related Books

- [Pervoe posobie po kashrutu](#)
- [Folie douce](#)
- [Taku River Map-Area, British Columbia.](#)
- [New history of France - by question and answer; compiled from the most eminent French historians, fo](#)
- [Han zi de yan bian he fa zhan qu xiang](#)