

# Gentle Conversation Starters for Talking to a Child about Bereavement

In partnership with



Use these conversation starters to help when someone has died.

If you need further information and support, you can contact Marie Curie's free Support Line on 0800 090 2309 or visit their website [mariecurie.org.uk/support](https://mariecurie.org.uk/support).



Is there anything in nature that reminds you about your special person?

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What is it like when you meet new people who don't know your person has died? Are there any strategies you can think of to help?

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We hope you find the information on our website and resources useful. This resource contains potentially sensitive and/or upsetting topics that may emotionally impact on children due to their experiences in their past. It is your responsibility to consider whether it is appropriate to use this resource with your children. If you do use this resource, it is your responsibility to ensure that appropriate support is available for anyone affected.



Tell me about how you are feeling. Is it physical, emotional or both?

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Talking about your feelings can be difficult. Can you think of some ways that you can express your emotions without saying them out loud?

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Tell me about one of your favourite memories of the person who died.

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Who are the people who keep you going on difficult days?

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Are there any hobbies or activities that can help while you are grieving?

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What do you worry about the most? Do you have any new worries since your person has died?

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How do you and your family remember your special person?

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Do you have any questions about death or about how your person died?

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What can other people do to help you the most?

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Tell me about a funny moment you shared with the person who died.

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How do you think the people in your family feel about what's happened?

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Is there anything special you'd like to do in the future to remember your person?

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