

# My book about our baby who died

You could put a picture of your family here

**My name is**

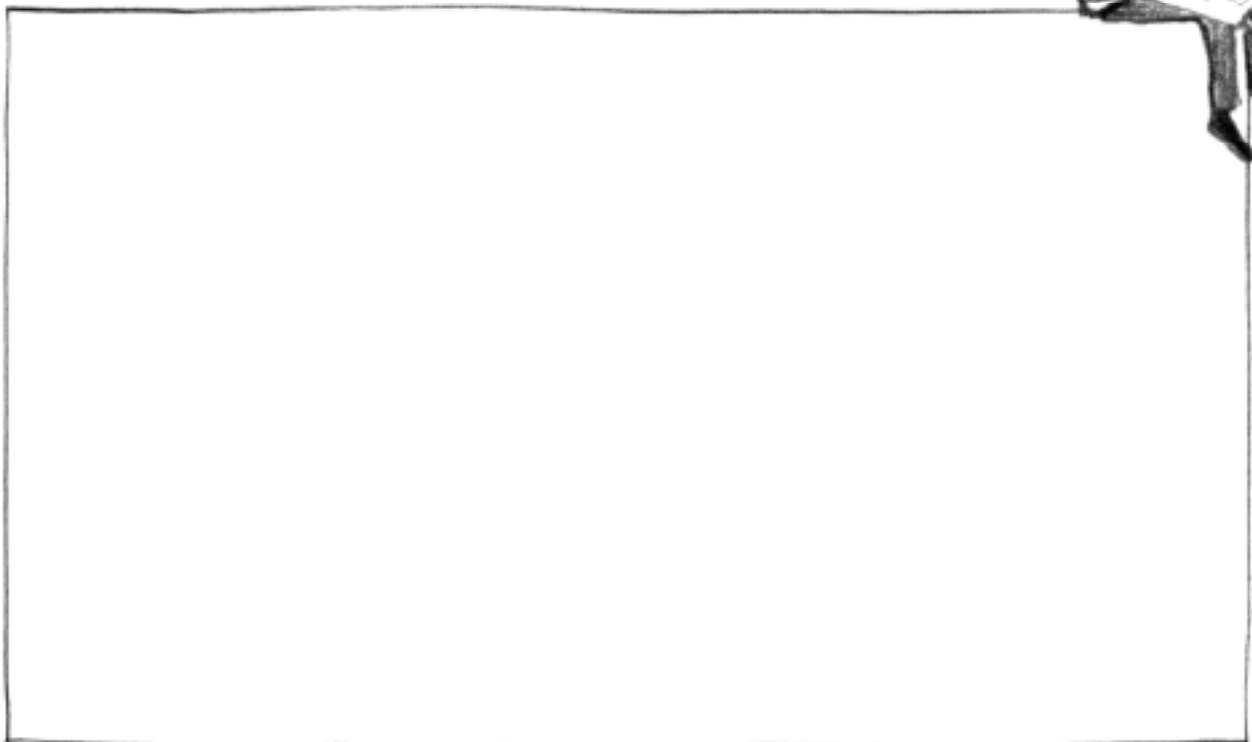
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# My book about our baby who died

This book is for you as a brother or sister to write or draw about yourself, your family and friends, and about your baby who died.

When a baby dies it can be hard to understand what has happened. We hope that this book will help you and your family to understand why you all sometimes feel sad, upset or cross.

First of all, let us think about you. Draw a picture of you and your family here.



# All about me

I am ..... years and .... months old.

I live in a house

bungalow

flat

in a town

in the country



This is a picture of where we live.

In our family we have:

Daddy

Mummy

..... brother/s called:

..... sister/s called:

Do you have other people in your family?

What are their names?

# About my nursery or school

Do you go to nursery or school?  
It is called:

My teacher's name is:

My favourite thing at nursery  
or school is:

My friends are called:

Here is a picture of some of my friends



# About our baby

Our baby was growing in Mummy's tummy.  
Can you draw a picture of Mummy before  
the baby was born?

Before the baby was born, did you go with

Mummy to: The doctor

The midwife

The nurse

The clinic

The hospital



How did you get there? Walked

Went on a bus

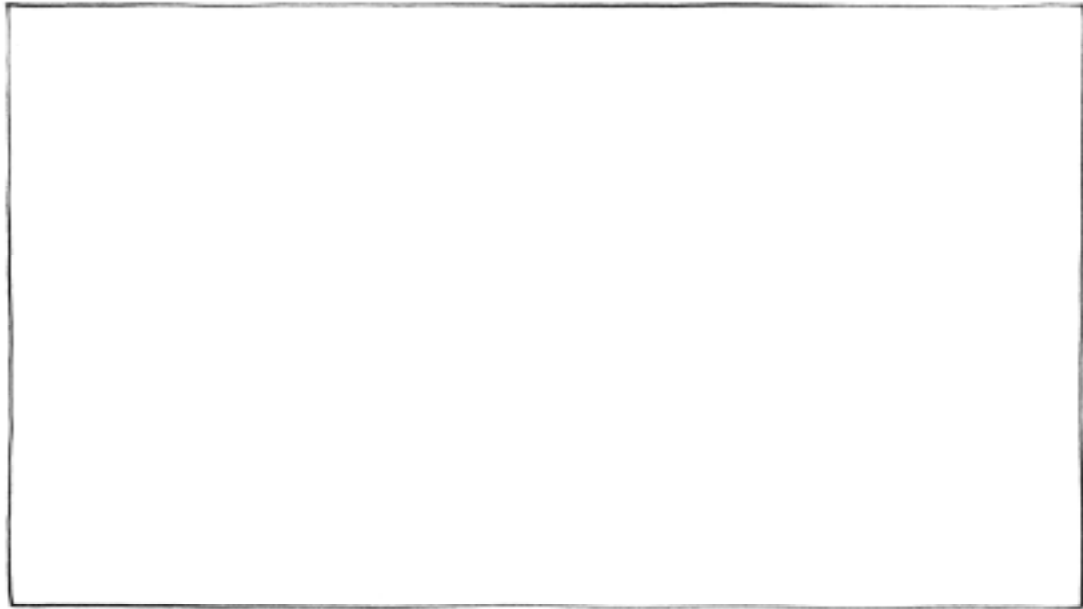
Went in a train

Went by taxi

Went in a car

# About hospital

If Mummy was in hospital, can you draw a picture of Mummy's room?



Lots of different people work in the hospital.

Who did you see there?

A doctor

A midwife

A nurse

Was there anyone else?

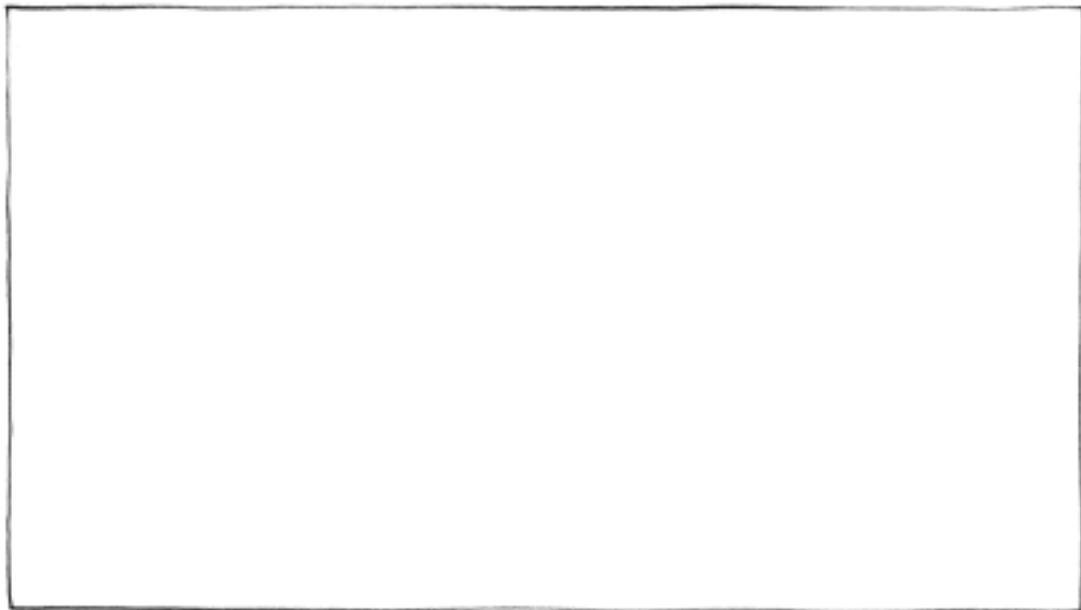


# About the baby

What did you call the baby?

When was the baby born?

Can you draw a picture here?



Some babies need special care when they are born and sometimes they need to go in a special cot.

Can you draw a picture here?



# When a baby dies

It is very sad that some babies die before they are born and some die after they are born.

Some babies may be born when they are too tiny to live and some live for a very short time before they die.

Families feel upset when a baby dies and cannot come home to live with them.

When no-one knows why a baby has died, people sometimes worry that it might be their fault. It was not your fault that the baby died.



Can you talk to Mummy or Daddy about how you feel?



# Saying goodbye to our baby

Some families have a funeral as a way of saying goodbye to a baby who has died.

Is there something special that you like to remember about the baby?

Draw or write about it here.



# About my feelings

Since the baby died, have you noticed or felt any of these things?

Use the boxes and tick ✓ for yes and ✗ for no.

1. Feeling bored or fed up
2. Feeling happy or excited
3. Feeling tired or cross
4. Feeling left out
5. Feeling sad and crying
6. Feeling worried
7. Mummy or Daddy feeling sad
8. Mummy or Daddy being cross

What do you like to happen when you feel these things?



# About my feelings

Here are two faces. One is sad, one is happy.  
You can colour the faces and give them some  
hair like yours.



Some things which make  
me feel sad are:

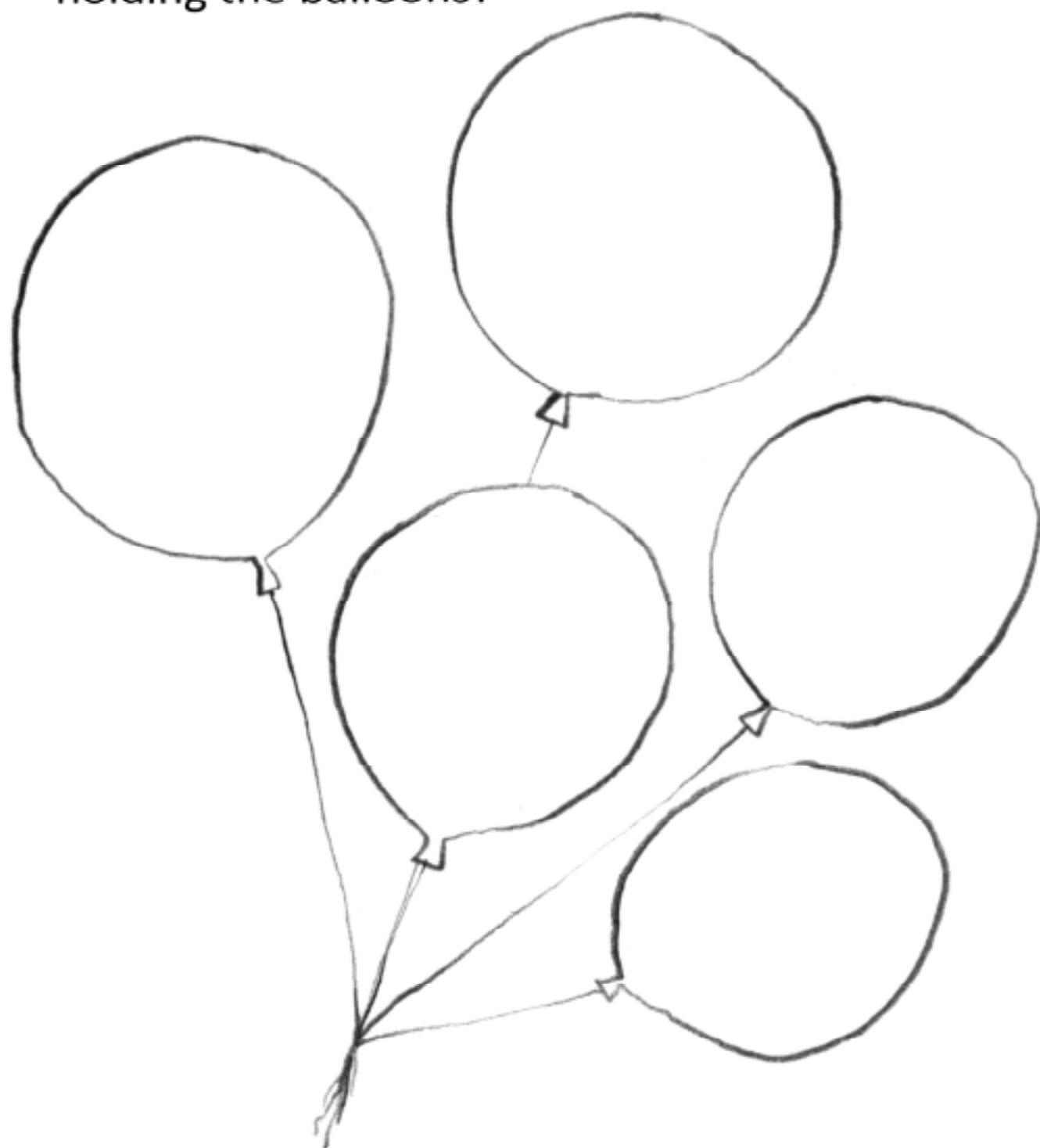


Some things which make  
me happy are:



# About the special things

Write down some special things about the baby and your family on the balloons.  
Can you draw a picture of yourself holding the balloons?



# About my friends and family

Sometimes, your friends may find it hard to understand what has happened to you.

What kind of things have your friends or family done? Write them down here.

We hope that this book has helped you to remember and talk about your baby, and to understand some of the things that have been happening to you and your family.

When you worry about things, talk about them with someone who will listen.

Who do you like to talk to?



# About my favourite things

When a baby has died, you will still want to do fun things you like. What are some of the things that you like best?

My favourite toys are:

My best book is:

My best TV programme is:

My favourite game is:

My best friend is:

I like going to see:

Draw a picture of what you like best.



# About this book

This book has been written by Jenni Thomas.

Jenni is a bereavement counsellor working with families. Through them she has identified the need for this book.

Jenni worked with Lynda Weiss, an experienced hospital play specialist, on devising this work book.

Available as a download through The Angus Lawson Memorial Trust website [www.almt.org](http://www.almt.org) and [www.jennithomas.com](http://www.jennithomas.com)

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Illustrations by Rebecca Cobb,  
author and illustrator of  
Missing Mummy (Macmillan Children's Books)

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