



THIS IS ABOUT ME

and you



My Name is

Your Name is

This is about us

When people are very seriously ill it is sometimes difficult for them to explain to their children what is happening.

This book might help me and you and our family to understand why we sometimes feel upset, sad and cross, why I need to have medicine and check ups from the doctor and why I may need to go to hospital or to a hospice.

This book is about me and you.



About me

These are some of my favourite things:

These are some of the things I like doing with my family:

These are some of the things that I don't like:

This is my signature:



About you

These are some of your favourite things:

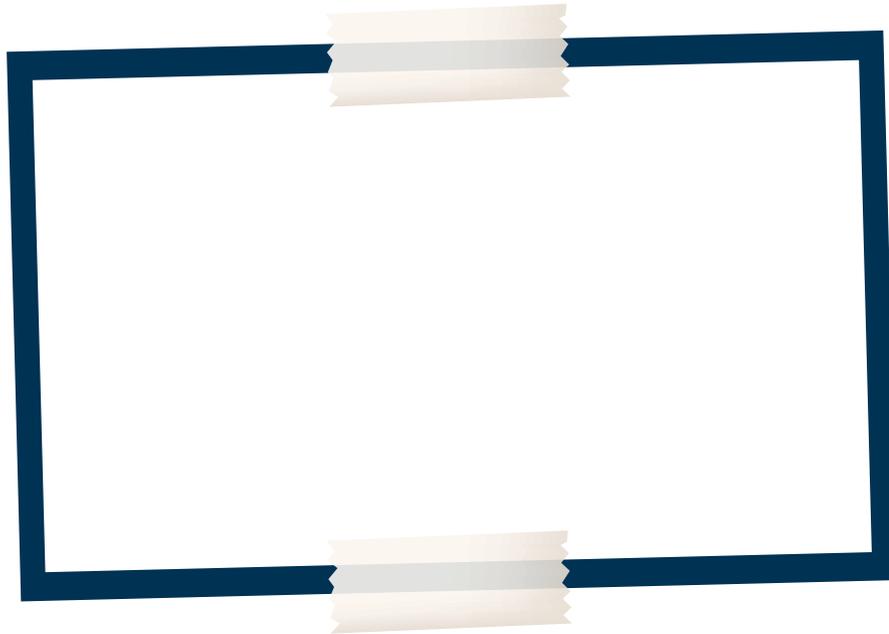
These are some of the things you like doing with your family:

These are some of the things that you don't like:

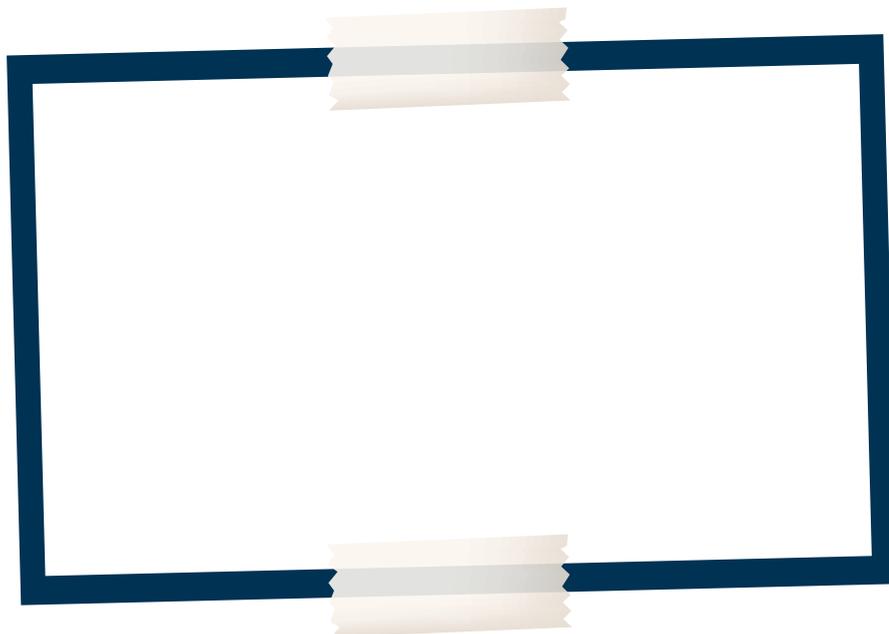
This is your signature:

About our family

Draw a picture of me and you and our family here:

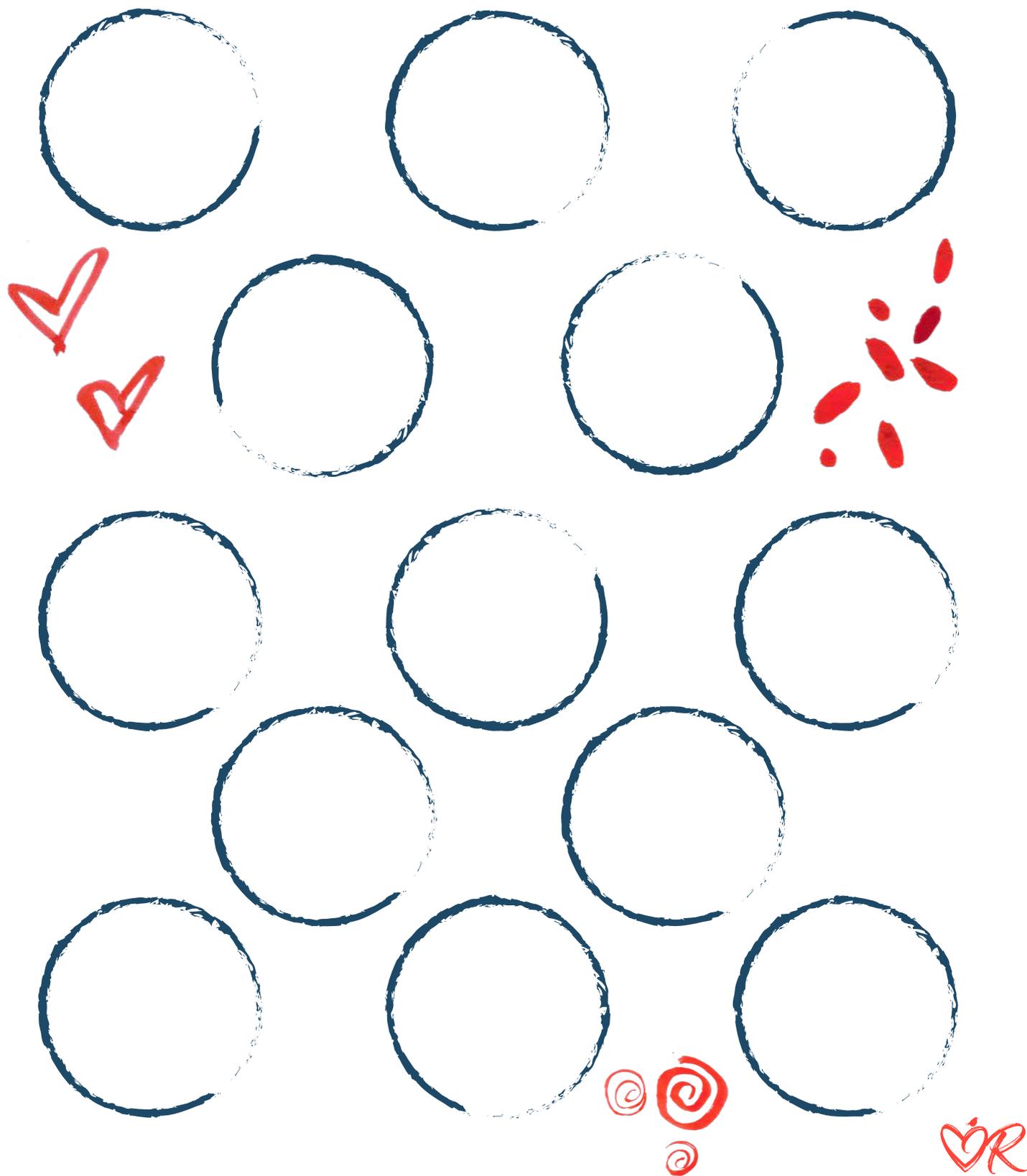


Pets we have had or known
- draw a picture of them.



About important people in our lives

Use colours to write who they are



About my illness

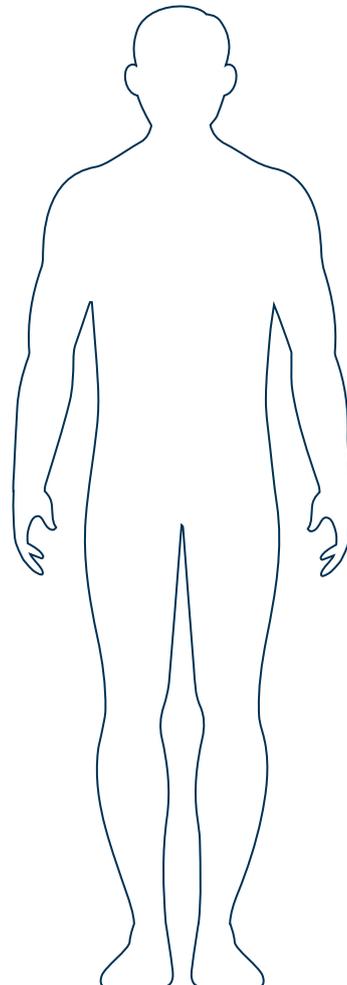
The name of my illness is:

It means:

Sometimes I go to hospital or a hospice because:

On the picture of the human body use different colours to show,

- Which part of my body is ill?
- Any operation I have had.



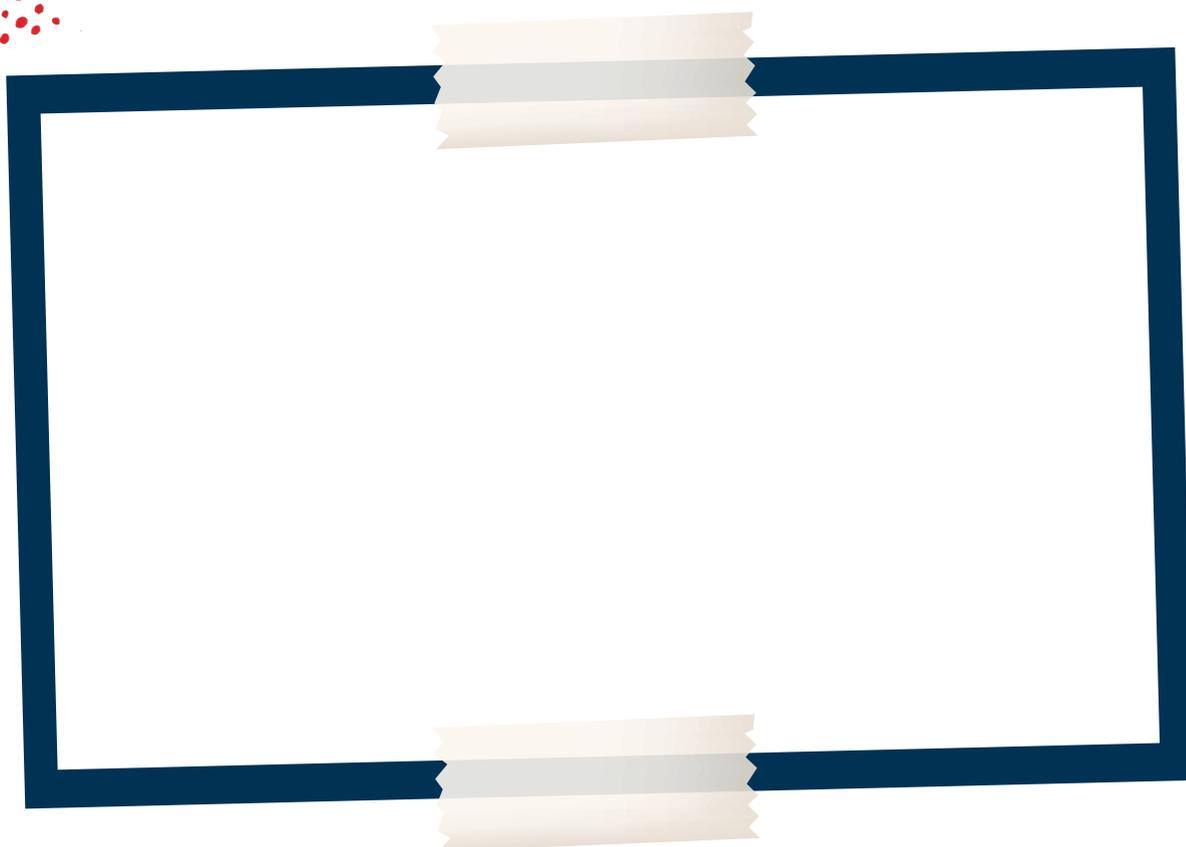
About the people who look after me

The doctors' names are:

The nurses' names are:

I am also looked after by:

Can you draw some of the people who look after me?



About changes

Some people notice that things change when someone important is very ill and they don't always know why. Do you find there are some things you and your family are no longer able to do? Write them in here:

Have we noticed any of the following things?

	Me	You
1. Not being hungry	<input type="checkbox"/>	<input type="checkbox"/>
2. Feeling sad	<input type="checkbox"/>	<input type="checkbox"/>
3. Feeling tired	<input type="checkbox"/>	<input type="checkbox"/>
4. Feeling angry	<input type="checkbox"/>	<input type="checkbox"/>
5. Feeling scared	<input type="checkbox"/>	<input type="checkbox"/>
6. Getting fatter	<input type="checkbox"/>	<input type="checkbox"/>
7. Getting thinner	<input type="checkbox"/>	<input type="checkbox"/>
8. Being kind	<input type="checkbox"/>	<input type="checkbox"/>
9. Being unkind	<input type="checkbox"/>	<input type="checkbox"/>
10. Feeling embarrassed	<input type="checkbox"/>	<input type="checkbox"/>



About other people

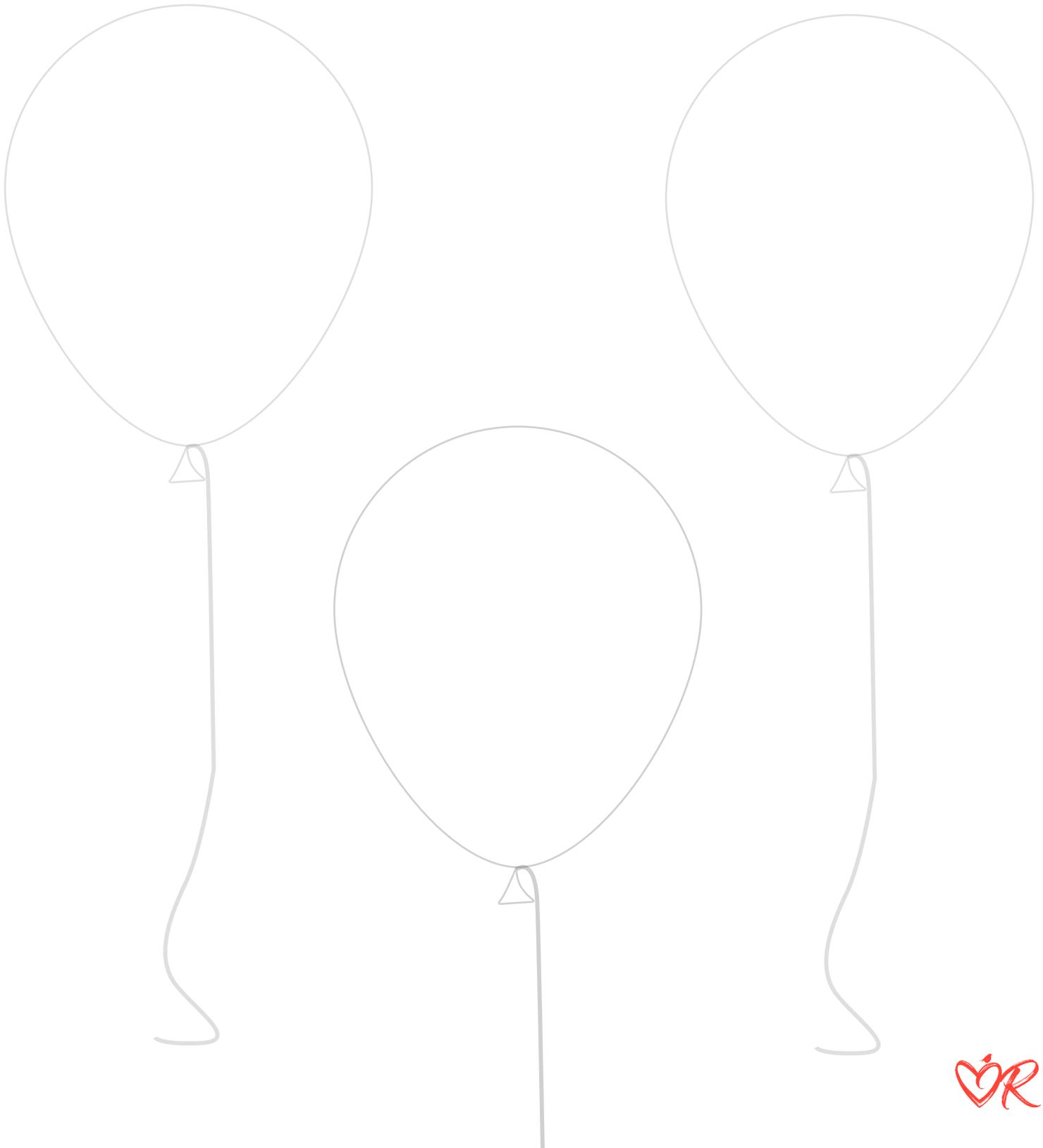
Sometimes other people don't understand about my illness and what is happening in our lives. These are the things I find difficult:

Have you noticed any changes? Is there anything you find hard?



About the special things

Colour the balloons and write on them some special things our family and friends do for us.



About our feelings



Here are some things which make me happy:

Here are some things which make you happy:

Here are some things which make me sad:

Here are some things which make you sad:



About our dreams

When people have something serious happening in their lives they sometimes dream about it. Can we remember any dreams? Draw or write about the dreams.

My dreams:

Your dreams:

Will I get better?

It is very difficult to talk about not getting better but there is no cure for my serious illness. Nobody knows exactly why I got it, but three things I do know:

1. Nobody did anything to make me ill.
2. Nobody can make someone ill by thinking bad thoughts about them.
3. My illness is not something that anyone can catch.

These are three things I know:

When I die my body won't work anymore.

I'll look as if I'm asleep but I'll not be sleeping because when I'm sleeping my body works very well.

When I die nothing will hurt me any more.

Before I die



Things I would like to do before I die:

Things you would like to do before I die:

Our family will still be a family after I have died. Think of some of the people who will love you and help look after you:





About our beliefs

People have different beliefs about what happens after they die.

This is what I believe:

What are some of the things you believe?





A funeral

After I die there will be a funeral. This is a way for everybody to say their goodbyes and to remember the person who has died.

This is what I would like to happen at my funeral:

Music

Songs

Flowers

People to remember me and share happy things, like



About me and you

I hope that us doing this book together has helped you and me to share special thoughts and to understand some of the things that have been happening to me and are going to happen.

Write or draw on this last page some thing that makes you and me happy right now.





About this book

This workbook is designed for families where a parent or prime carer has an incurable illness, to help communicate with children about loss and death. It is written in a way that enables adults to be open and share some of their feelings with children.

The book is one of a series and has been written by Jenni Thomas OBE and Lynda Weiss. Jenni worked as a bereavement counsellor with Buckinghamshire Hospitals NHS Trust and is the Founder of Child Bereavement UK. In addition, Jenni is the Ruth Strauss Foundation's Grief & Support Advisor, and supported Sir Andrew and Ruth in 2019 when Ruth was diagnosed with incurable non-smoking lung cancer. Lynda worked for many years as a hospital play specialist.

Design by Nitin Lal, with illustrations by
Jo Janni Cosico & Luna Thiru

Available as a PDF through the Ruth Strauss Foundation website
www.ruthstraussfoundation.com

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