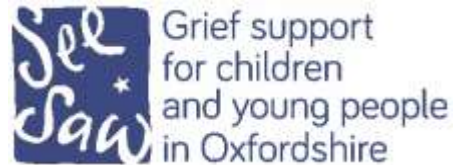


At SeeSaw we encourage some golden rules for answering children's questions about death:



- Always take children's questions seriously
- Be open and honest when talking about what has happened and avoid using euphemisms like "lost" or "gone to sleep" instead use the words "died" or "dead".
- Always use age appropriate language, and give information in bite size pieces rather than all at once.
- Check out what the child is really asking – don't make assumptions
- Ask the child what they think first – you could use word like, "That's a really good question, I wonder what you think....." This might give insight into what the child is thinking and understanding.
- Don't be afraid to say you don't know. Suggesting to the child that, where appropriate, you will find out and tell the child at a later time is ok.
- Generally, if a child is asking a question they are ready for an answer. Be sure to be open and honest about it. Children may imagine what they are not told and this might be worse than the reality.
- Not missing the moment!! – with difficult issues you might try to avoid talking to the child or wonder when it is a good time to bring the conversation up. Watch for opportunities to talk further, usually the child will give the lead by asking further questions.