

# Ivy-Rose's 'Top 10 Tips' to help you if someone important in your life is seriously ill or has died



1. Lots of things can change when someone you know is seriously ill or has died – but you will be okay.

2. You might feel sad, angry, confused, guilty or worried, but that's all normal.

3. It's okay to cry if you're upset. Don't feel you have to hide your tears.

4. Most adults will want to try to help and support you, but sometimes you need to give them some ideas about what is best for you.



5. Write down or draw things to help you understand what is happening and how you are feeling.

6. Remember that it's always okay to talk about the person who is ill or has died.

7. Ask for a 'time-out card' at school. It means you can leave class if you ever get upset, and the adults in school will know you need some extra support.

8. If you have a pet, spend time with them. You can tell them anything and they won't tell anyone else!



9. Make a memory box so you will always remember your important person.



10. Always ask questions if there is anything you are unsure of or don't understand about what's happening. You can never ask a silly question.