5 ways to talk to a child about death

1. Be calm, honest and straightforward. Use simple words like died, death, cancer. Euphemisms can confuse children.

2. Encourage children to talk about it and how they feel. Check their level of understanding, repeat key information as needed.

3. Invite Questions. Listen, then answer based on their age and stage. Bite size pieces of information work best.

4. Reassure them that they are safe and it’s not their fault. Help them identify people they know who are supporting them and will continue to.

5. Involve them in family events. Such as planning gatherings or memorial ceremonies. Encourage their contribution, however small.