

My Map of Memory Lane

~ Companion book to Map of Memory Lane, a story about loss and lasting love ~

Tips for Supporting Children through Difficult Conversations and the Inevitability of Loss:

- **Follow their lead**

Ask what questions they have. Listen intently. Adjust your responses to their level of understanding. Check in and pause the conversation as needed. Allow time for processing.

- **Use clear language**

When talking about the end of life, use terms like “death” and “died.” Explain how a person’s (or pet’s) body stops working (no more heartbeat, breathing, moving, or feelings of pain at all). Use examples from nature to illustrate the life cycle.

- **Don’t feel pressured to know everything**

Wonder together. Admit that not all questions have clear answers. Explore varying beliefs.

- **Welcome it all**

Grief (before, during, and/or after a loss) includes waves of many emotions—confusion, shock, anger, sadness, gratitude for memories, relief that any suffering has ended, etc. Normalize and validate.

Tips for Completing this Activity Book:

This customizable keepsake is for celebrating special bonds. It can be in honor of a person or pet who has died, or two people can work on it together and add pages as they create memories.

- **Print out as many copies** of pages 3–6 to make your book just right for you!
- **Make it your own!** Feel free to add written stories, quotes, pictures, photos, stickers, and mementos. Use crayons, markers, paint, pens, and/or pencils.

Prompts to get Your Stories Started:

Our favorite..., The best..., The time we..., The most special..., I will always remember..., A happy memory..., A funny moment...

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Companion book to *Map of Memory Lane* ~ Story by Francesca Lynn Arnoldy ~ Art by YoungJu Kim

My Map of Memory Lane



This memory book
belongs to:

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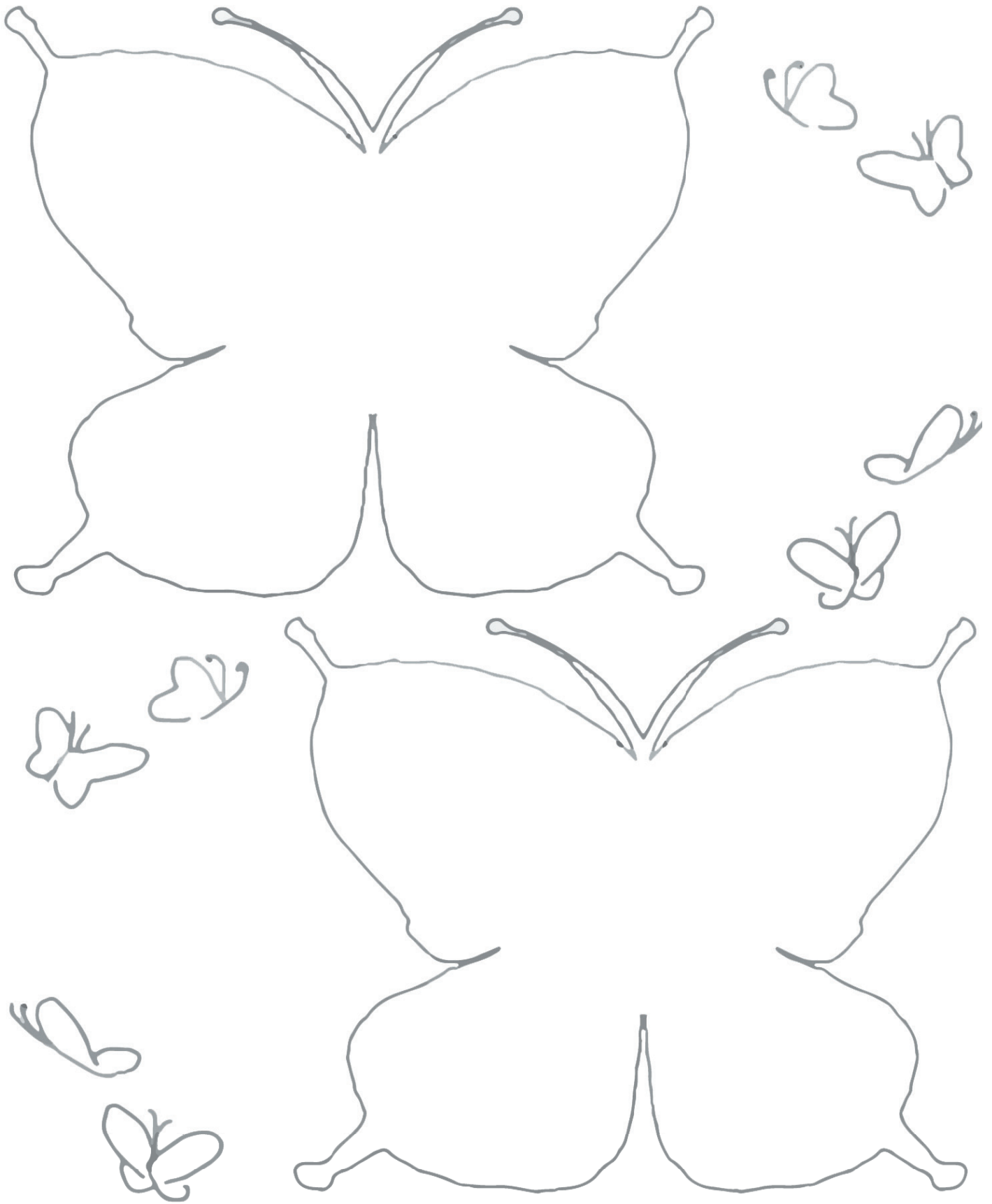
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