

When someone close to you is dying

How you can help when someone is dying

Facing up to the idea that someone close to you will die is not easy. Children, young people and even adults go about it differently. There are often concerns, worries or painful thoughts about how much you will miss the person or about how life can go on. Even thoughts about how it will be for the person themselves to die can play a big role. Such feelings are intensified in situations when you or your child cannot directly be with the person who is dying. All these big topics and feelings can also lead to heightened sense of preoccupation and increased questioning, but also to the topic being avoided.



Find a balance between being inclusive (“I will tell you everything that’s important, we’re a team”) and potentially overwhelming them (“This is a difficult topic we are dealing with. I can see it’s difficult for you to talk about it. Let me know if you need a break and ask any questions you like”).



Reassure your child that the critically ill person knows how important they are to the child and also how important the child is to them.

Make it possible to say open things like “I’m sorry”, or “I love you” to ease the intense longing. Children could send soap bubble messages to them. It does not cost much and easily opens up the opportunity to take active steps and keep contact. Whilst cleaning, the soap bubbles can be “loaded” with whatever the child wants to say and sent on its way out the window, for example. The moment it bursts is when the message is shared. The soap bubble message magically finds its way to the loved one.



Explain to your child who is looking after the dying person. Explain to them that this person knows what they are doing and that they are doing everything to make sure the person is being cared for in these last stages.



Discuss with your child that love is a bond between people, which is not just for now - it continues after death. Suggest your child hugs themselves by wrapping their arms around themselves. Ask them if they feel the connection. This loving self-hug can act as an anchor against painful longing both during the time of death, but also afterwards when they miss the person, and it can calm them.

Wenn Sie zu diesem Thema Fragen haben oder sich Unterstützung wünschen, holen Sie sich fachlichen Rat. Ihre örtliche Beratungsstelle oder unser Beratungsteam überlegen mit Ihnen gemeinsam, welche Erklärungsschritte gerade anstehen und wie Sie diese gehen können.

Telefon unter 089 / 997 40 90 20
E-Mail an beratung@aetas-kinderstiftung.de
Chat-Beratung über unsere Homepage
www.aetas-kinderstiftung.de

Sie erreichen uns
Montag bis Freitag
zwischen 10.00 und 14.00 Uhr