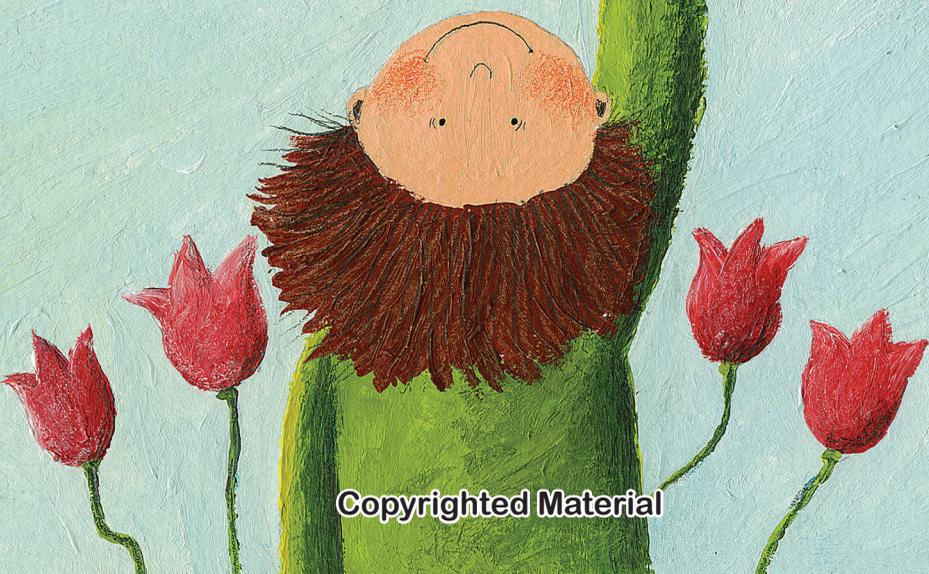




Is This Your First Funeral?

A Child's Primer



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A Child's Primer

Jimmy Huston



*Dedicated to
grandma and grandpa
and gramma and gramps.*

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21545 Yucatan Avenue
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This is a sad time.

You've heard you're going to a funeral.

You may be wondering what that means.

This is a guide to some of the things you may experience along the way.



The word is death. There's no getting around it.
It's the reason you're reading this book.

Loss

Someone is gone from your life.

A funeral is everyone's chance to say good-bye. It's a way to share the moment.

It's a moment of respect.

If you've never lost someone like this before, it's an especially hard time.



Sometimes a person's death is not a surprise, because of age or health.

That's bad enough. Sometimes it's a tragic surprise, an accident, a sudden health issue, a crime, or even an act of war.

It can be even more shocking when it's someone young. A teenager, a child, or an infant. It's not fair, but it happens.



What's a funeral going to be like?
What do I have to do?
Is it going to be scary?
How am I going to feel?
Don't worry. Everything is going to be fine.



If you're really worried about going to this funeral, here's a thought. Maybe you don't have to go.

Explain how you feel to an adult that you can confide in. Explain why you don't want to go. Perhaps you won't have to.



Feelings

When someone is lost, it hurts.

Time helps a little, but it's slow.

8

A lot of thoughts will come rushing in. Sad thoughts, sure, but also happy thoughts. Even funny thoughts.

You are stronger than you feel.

9



Condolences

That's giving and receiving sympathy. And empathy, which is a heartfelt word for sharing.

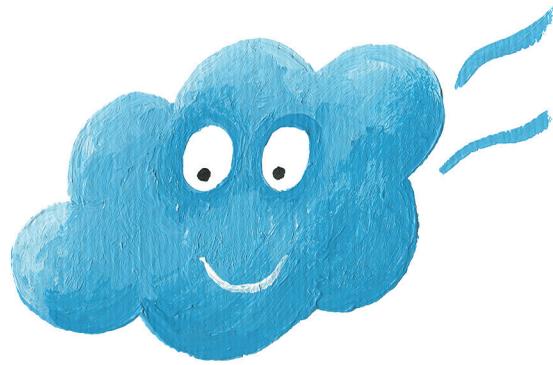
It's how we help each other get through sad times.



Crying

It's okay to cry. And, it's okay not to cry. Everyone faces things in their own way.





Laughing

It may seem strange and out of place, but you're going to see people laughing. How is that possible?

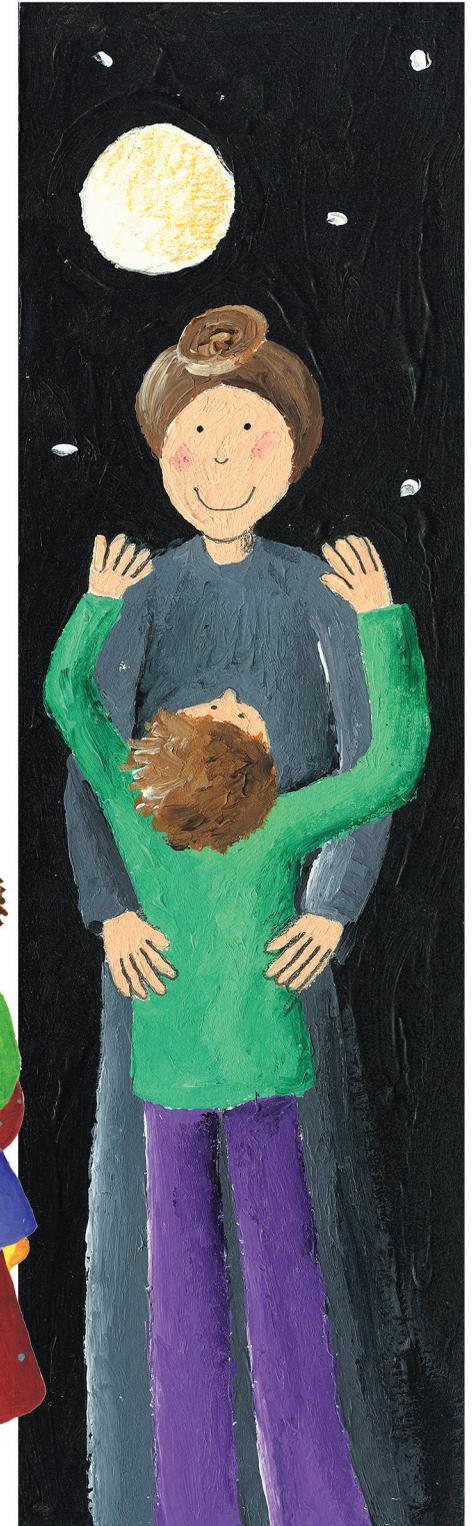
It may be a release, a letting go of feelings.

It may be a celebration of the person who's gone, or a memory of better times that were shared.



Hugging

There will be a lot of hugging (whether you like it or not). Try to understand the feelings involved. Hugs can help us all.



Sharing

Your thoughts are important to others.

You're not just sharing stories and memories.
You're sharing laughs and you're sharing pain.

Your feelings help other people, and theirs can
help you.



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