

A Letter to Parent or Carer

Thank you for purchasing my book.

Whatever loss you are navigating, I firstly want to say that my thoughts are with you and I am sending you so much love.

Loss is such a difficult journey to navigate. There is no map, no timeline, and no right or wrong way to grieve. Some days may feel manageable, while others may simply feel overwhelming.

From one grieving person to another, please make time for yourself where you can. Remember that surviving the day is an achievement in itself. Crying is not weakness; it is a release. Give yourself the same care, compassion, and understanding that you are trying so hard to give to your child.

I know this may sound like a lot, and I won't tell you that you are strong, because the truth is that when you have children, you often feel like you don't have a choice. You simply have to keep going, keep showing up, and keep doing your best, even when your heart is breaking.

Please try to stay connected to yourself, to others, and to the people who can hold space for you without judgement. Find your people. The ones who will sit beside you through the tears, the questions, the anger, the silence, and the love that remains.

As parents and carers, we often focus so much on supporting the children around us that we forget our own grief deserves attention too. Your healing matters. Your feelings matter. You matter.

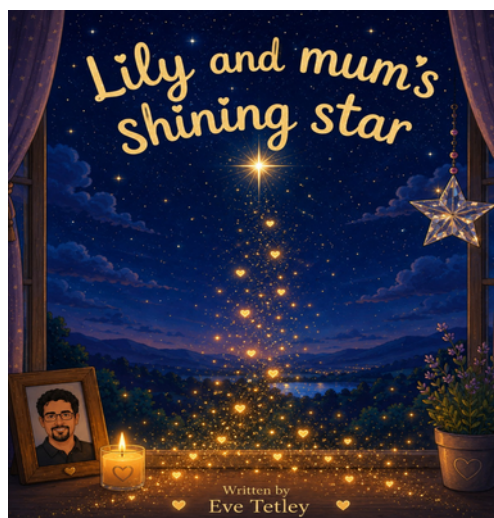
If you need support from a therapist who understands what it is like to grow around grief and learn to live alongside loss, please feel free to connect with me.

www.evetetley.co.uk

Sending you so much love and the biggest hug.

With love,

Eve Tetley





Lily and Mum's Shining Star Parent & Carer Guide

Thank you for sharing this story with your child. Lily and Mum's Shining Star was written to help children gently explore grief, love, memories, and the continuing bond they share with someone who has died.

What This Book Offers

- Open gentle conversations about death and grief.
- Help children understand that love continues after someone dies.
- Encourage children to talk about memories and feelings.
- Support continued bonds with the person who has died.
- Create opportunities for connection between children and the adults caring for them.

Supporting a Child Through Grief

- Be honest and use age-appropriate language.
- Allow children to ask the same questions repeatedly.
- Let children move in and out of grief naturally.
- Reassure them that all feelings are welcome.
- Continue talking about the person who has died and sharing memories together.

Helping Regulate Big Feelings

Children often experience grief through their bodies as well as their emotions.

- Candle Breathing – Breathe in slowly and gently blow out an imaginary candle.
- Butterfly Hug – Cross your arms over your chest and gently tap your shoulders.
- Nature Walks – Notice colours, sounds and signs of nature.
- Movement – Dance, jump, wiggle or shake out big feelings.
- Quiet Cuddles – Sometimes connection is the most powerful support.





Memory & Message Jar

Create a special Memory & Message Jar together. Whenever your child wants to tell their loved one something, they can draw a picture, write a note, or ask an adult to write their message for them. Ideas include:

- Tell them about your day.
- Share something funny that happened.
- Draw a picture for them.
- Write down a favourite memory.
- Tell them something you wish they could see.

This activity helps children maintain a healthy continued bond with the person they miss.

Looking After Yourself

Supporting a grieving child while managing your own grief can feel overwhelming at times. You do not need to have all the answers. You do not need to be strong every moment of every day. Children do not need a perfect adult; they need a loving adult who is present, honest, and willing to walk alongside them.

Remember to make space for your own feelings, seek support when you need it, and offer yourself the same kindness and compassion that you give to your child. Grief is not something we fix. It is something we learn to carry together.

If you are reading this whilst supporting a child through loss, please know that you are not alone. Sending you a big hug and lots of love as you navigate this journey together.

With love,
Eve Tetley
Author of Lily and Mum's Shining Star





Shine Bright Like My Star

Every star holds a memory
of someone we love. 

Draw or write in each star
to remember and celebrate
your special person.

A happy
memory...

A funny
moment...

A lesson they
taught me...

Something I
love about
them...

Something
I miss...

Their kindness
or caring...

Something
that made
them special...

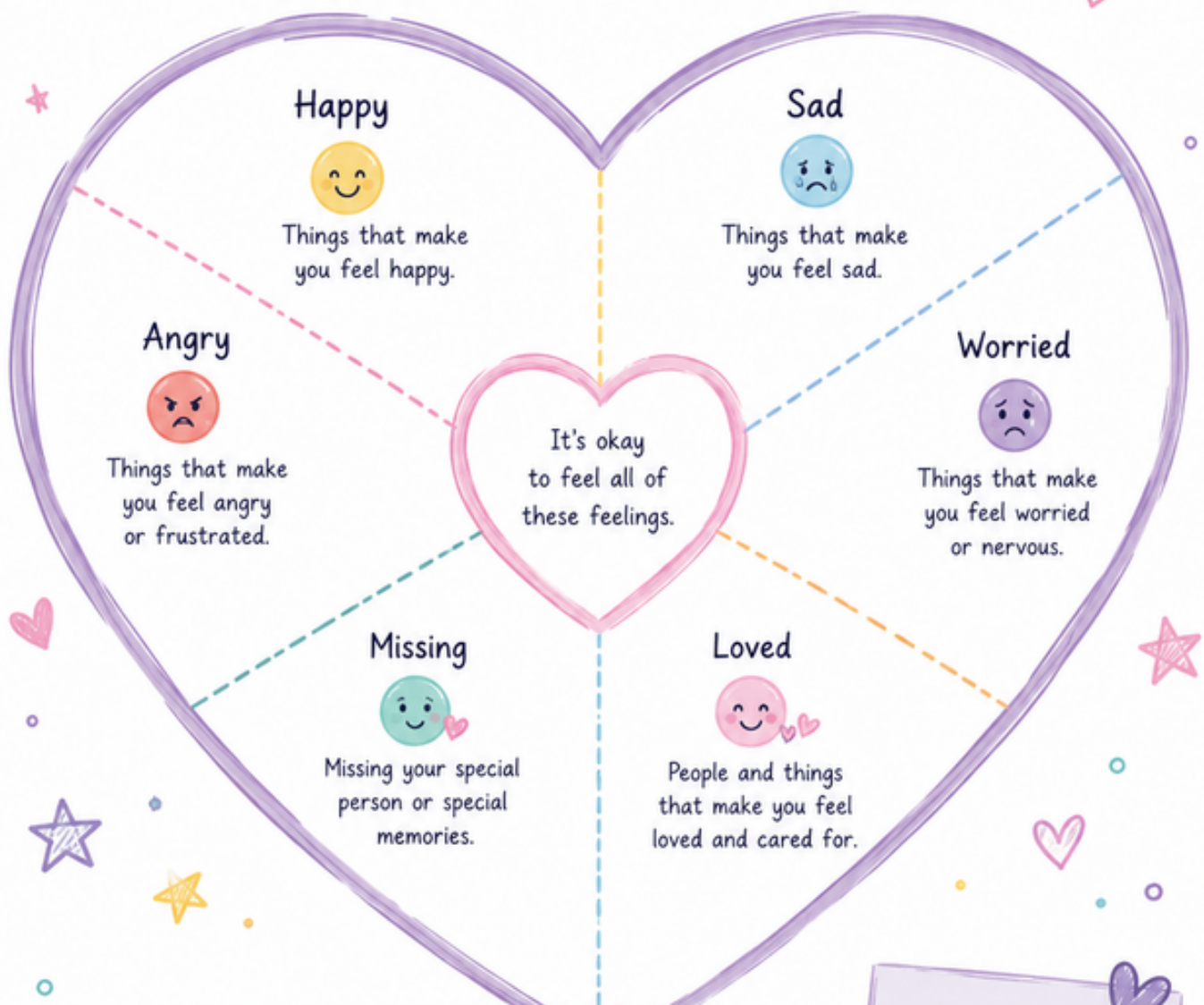
A memory I will
never forget...

Is there another memory you would like to draw or write about?

It's okay to feel lots
of different feelings
when we remember.
You are not alone.

My Heart Today

We can have lots of different feelings all at the same time.
Colour each part of the heart to show how you feel today.



Can you tell me about one of your colours?

Feelings can change
from day to day.
That is okay.
You are not alone.

About My Special Person

This is someone who is very special to me.
I love, miss and remember them every day.

Their favourite
food was...



Their favourite
colour was...



Something they
loved...



Something they
were really
good at...



A picture of
my special person

Something they
always said...



A special memory
I have...



Something that
reminds me of them...



What I want people
to know about them...



They will always be in my heart.
My special person. My star.





Messages From My Heart

If I could send a message to my special person today,
I would say...

You can
write...



You can
draw...



You can
stick a
photo or
picture...



You can
share a
memory...

You can
ask a
question...



You can
say
anything...

You might want to...

- ♥ Tell them about your day
- ♥ Share something you are proud of
- ♥ Ask them a question
- ♥ Tell them you miss them
- ♥ Share a happy memory
- ♥ Say thank you or I love you
- ♥ Tell them something important

For the grown-up

When your child has finished, you might like to...

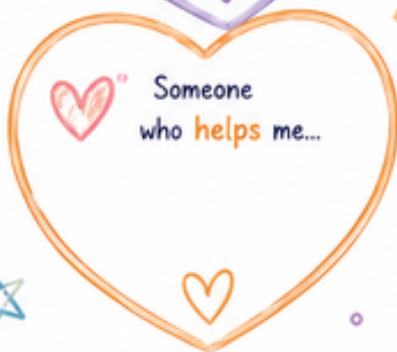
- ♥ Ask if they would like to tell you more about their message.
- ♥ Listen with kindness and without judgement.
- ♥ Let them lead the conversation.
- ♥ Thank them for sharing their heart with you.



Love never ends. Our special person will always be in our heart.

My Feelings Star

We all have lots of different feelings.
Draw or write about how you feel.



♥ All feelings are okay. You are allowed to feel however you feel. ♥