

Ideas for the Memory Book

It can be simple or elaborate. It reflects on the life of the special person.

- **Photos**

This can be pictures of the person at any age. It may be old school photos or pictures may be used that remind the child of a special place and memory they shared together.

- **Poems**

Some children like to write a poem or record a special outing. You may include a poem or a reading from the funeral.

- **Memories**

Times you spent together, special advice given, special words said. This could be as little as a few lines or a whole story, remembering an event or conversation.

- **Letters**

Special letters or cards received. A letter or card written to your special person can be comforting. It can also be comforting to mark special anniversaries with cards that can be put in the Memory Box.

- **Pictures**

Drawing pictures of special times spent together.

Drawing special feelings or thoughts about the person.

- **Family record**

A family record can help a child or young person gain a sense of where they and the person who has died fits into the family. A family tree can be put together. Family photographs, documents, certificates and mementoes can be included.

- **Favourite things**

For example, what was the funniest thing the person ever did? What was their best subject at school? What was the bravest thing they ever did? This could also be a note of everyday likes and dislikes, such as favourite foods, smells or things they collected. Including favourite things can prompt happy memories and increase a child's understanding of the person that has died.

- **Tickets/Mementoes**

Tickets from a special event that was shared could also be included, such as trips to the theatre or football matches.

