

by Connie Manning



### A Note to Adults

Children who have experienced a loss need some very basic things:

- a safe place to be themselves
- safe people to be with
- opportunities to play
- listening ears
- lots of hugs

This coloring book is designed for approximate ages of 3 to 8 in a format that encourages parents and children to sit together, fill in the information and share some special time and feelings.

Don't be afraid to be open about your own grief or tears as you read this with your young one. Children understand honest emotions and learn how to be healthy in their own experiences from adult examples.

#### **About the Author**

Connie Manning is a nurse on a palliative care / hospice unit in Sarnia, Ontario, Canada. Her goal in the creation of this book was to help little people who are sometimes forgotten in the grief process.

This book is dedicated to my family for all their caring and support while I created and wrote the book—John, Scott & Bailey—I love you.

Connie R. Manning

# IKnow

Someone

Who Died

Third Edition

## by Connie Manning

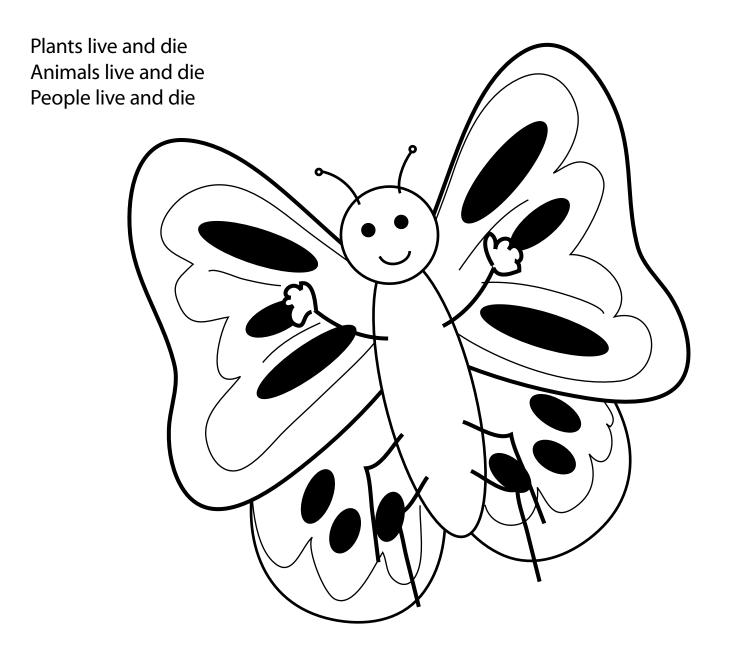
### Illustrated by Deb Lund & Kathy Burns

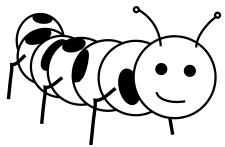
Copyright 2009 In-Sight Books, Inc. PO Box 42467 Oklahoma City OK 73123 800.658.9262 or 405.810.9501 ISBN 1-892785-65-X

All rights reserved. No part of this book may be reproduced in any form or by any means without the prior written permission of the publisher.

Manufactured in the United States of America

## Everything Lives and Dies Everything Changes





Trees change Seasons change People change

© In-Sight Books, Inc.

