



BILLY'S PLACE

FAMILY FUN TIME

Designed to help facilitate discussion with your family

Talking about change

- What is one change you have experienced recently?
- How do you feel about this change? Is it a good or bad change? Why?
- If this is a bad change for you, what can you control to help you cope with this change?

Billy's Book Corner

The Best Cat in the World



Written by Leslie Newman Illustrated by Ronald Himler

A young boy named Victor is unsure how a newly adopted cat will compare to "the best cat in the world" that has died.

There are many differences between his old cat and the new cat but with time he discovers that although the cats are different he can still love them both.

September 2022 Change of Scenery

AUTUMN TREE PAINTING

Supplies: paper, paint in fall colors, paintbrushes, cotton balls, clothespins.

Start by painting a tree trunk and branches.

Using the clothespins, tell your child to dip the cotton ball in the paint and gently press it into the paper on the tree branches. Continue this until the tree is covered in beautiful fall colors.

Once finished, discuss with your child how, just like the leaves on a tree change each fall, we change too. It's a normal part of life.



Table Talk

With your family discuss changes since your special person died. You can talk about day-to-day changes, such as your morning routine, who cooks in the house now, who does certain chores, etc.

Talk about new feelings that you have encountered from the death of your special person. If this is your child's first experience with grief, they may have never felt these feelings before. They may feel guilty, angry, or lonely. Reassure them that their feelings are normal. Discuss these feelings and what you can do together to work through them. For example: If your child is feeling sad, ask them if you can help by giving them a hug or reading them a book.

By doing this, your child knows they are supported and they will begin to understand how to cope with their feelings and their grief.

