**SEN2A Cognitive ability**

You children need to understand that all living things die. The biological explanation of death is that the heart stops beating, that you stop breathing, and that your brain stops working. That being dead is very different to being asleep. When we're asleep, all of those things are happening. We have dreams, our brains are still working, our hearts are beating, and we're breathing.

It might also be helpful to understand things living and dead, and the difference between living and dead. And then to understand that when somebody dies, they don't get hungry or thirsty, hot or cold, and they don't feel any pain. These are things that children can really worry about.

We also talk about once somebody goes to heaven or where the child believes that person has gone, we would then talk about that person will now stay there, they cannot come back to earth. So that the young person is not expecting them to suddenly reappear, that that person, as they were, isn't going to be here, that death is permanent and irreversible.

Some of these concepts are quite abstract, and it can be quite difficult to explain, and it might need many times of repetition. But they need to understand this.

Their beliefs might not align with the families, they might have a different opinion. And it's really good to talk about that with them or communicate with them, trying to help them to make sense of what they think has happened.

But ultimately, it really helps to give these clear explanations to nations to help them to try and make sense of what dead means and to relate it to things that they might already know, like flowers that die, animals that die, pets that die, and.

*SEN2A Cognitive ability*