

The House with One Light

A Grief-Support Fable for Children After a Parent Loses a Spouse

Janet Paul · Recommended ages 3–8 · A 24-page picture book to read aloud

ABOUT THIS BOOK

When a parent dies, everything about home can feel different — even the light in the windows. *The House with One Light* is a gentle bedtime fable for children who have lost a mom or dad, and for the remaining parent who is trying to keep the house feeling safe. Using the soft metaphor of a glowing house at night, the story offers reassurance that love continues in the family that is still here.

BEST FOR

LOSS

Children who have lost a mother or father. Also useful for the remaining parent, grandparents, and caregivers.

SETTINGS

Counseling office, classroom after a loss, hospice or hospital family room, library, and at home

TALKING TOGETHER

1. Have you noticed anything about home that feels different?
2. What does the light in the story remind you of?
3. How did this story make you feel?
4. Who helps your house feel safe and loved?
5. What is one thing that still feels like love?

BEFORE YOU READ

Home may feel different after a parent dies, and a child may notice that without having words for it. Read slowly, and let the child decide whether to talk about their own house or family. The language is calm enough for bedtime and clear enough for a first conversation, without graphic detail.

SIMPLE ACTIVITIES

Draw a house with a light

Invite the child to draw a house, a window, or a light that feels warm and safe.

Love that is still here

Together, name people, routines, or memories that help love feel close in the family that is still here.

A small light at home

If it feels right, share a quiet moment with a light in the house, and simply sit with the idea that love is still here.

GENTLE REMINDERS FOR GROWN-UPS

- Let the child lead. Some children will talk a lot; others will be quiet. Both are okay.
- It is okay to say “I don’t know.” Honest, simple answers are enough.
- Watch for signs that a child may need more support — such as lasting trouble with sleep, eating, play, or school, or distress that does not ease — and connect with a counselor or grief professional.

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