


# The Little Light

*A Gentle Bedtime Story About Love That Never Goes Away*

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

## ABOUT THIS BOOK

When someone a child loves has died, bedtime can feel especially hard. *The Little Light* is a gentle rhyming bedtime fable that helps young children understand a simple, comforting truth: love does not disappear when a person is gone. It keeps shining in memories, in feelings, and in the people who stay close.

## BEST FOR

### LOSS

A first conversation about death, including the loss of a grandparent, parent, sibling, or other loved one — and for children who are simply asking big questions about death.

### SETTINGS

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

## BEFORE YOU READ

This is a calm, bedtime-style story, meant to be read aloud together. You might read slowly and pause if the child wants to talk. There is no need to explain every page. Let the child lead, and keep the conversation as simple as the story.

## TALKING TOGETHER

1. What does the little light remind you of?
2. Where do you notice love still shining, even after someone is gone?
3. How did this story make you feel?
4. Is there a memory of someone you love that you would like to share?
5. Who are the people who stay close to you?

## SIMPLE ACTIVITIES

### Draw your light

Invite the child to draw or color a little light, and — if they wish — to show what or whom it reminds them of.

### A memory of love

Together, name, write, or draw one memory, feeling, or person that helps love feel close.

### A quiet light

If it feels right, sit together for a calm moment and notice a little light nearby — and the love that still feels close.

## 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.

From Loss to Light · Janet Paul · loss2light@gmail.com · loss2light.org

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