

Rosie Remembers Mommy:

Forever in Her Heart



Traumatic Grief Book for Young Children
Rosie Remembers Mommy: Forever in Her Heart

Story By Robin F. Goodman, Danny Miller, Judith A. Cohen, Alicia F. Lieberman
Edited by Deborah A. Lott
Illustrations by Christopher Major
With special thanks to Funda Yilmaz

Caregiver Guide by
Robin F. Goodman
Judith A. Cohen
Alicia F. Lieberman
Carrie Epstein
Jennifer Grady
Matt Kliethermes
Deborah Langosch
Roy Van Tassell
Funda Yilmaz

*This book is dedicated to the memory of Dr. Patricia Van Horn who championed the care of
traumatized young children and families. She will stay forever in our hearts.*

©2015 The National Center for Child Traumatic Stress on behalf of
Robin F. Goodman, Danny Miller, Judith A. Cohen, Alicia F. Lieberman and Christopher Major

“Look, Daddy! I look just like Mommy! Let’s go find her.”

“You know Mommy’s not here, Rosie. Hurry up – put on your school clothes.”



“Mommy wore this on the train to Grandma’s! I want to show Mommy how I look,” Rosie said.

“Mommy died, Rosie. I wish you could see her but she’s not here any more. After school I’ll take you to the train station.”



Rosie used to race up the stairs to her class. But today she didn't want to go. She was sad. "Daddy, don't go. Stay with me."

"I have to go to work," said Daddy. "You love when Ms. Jenny reads books at circle time. I'll come get you after school."

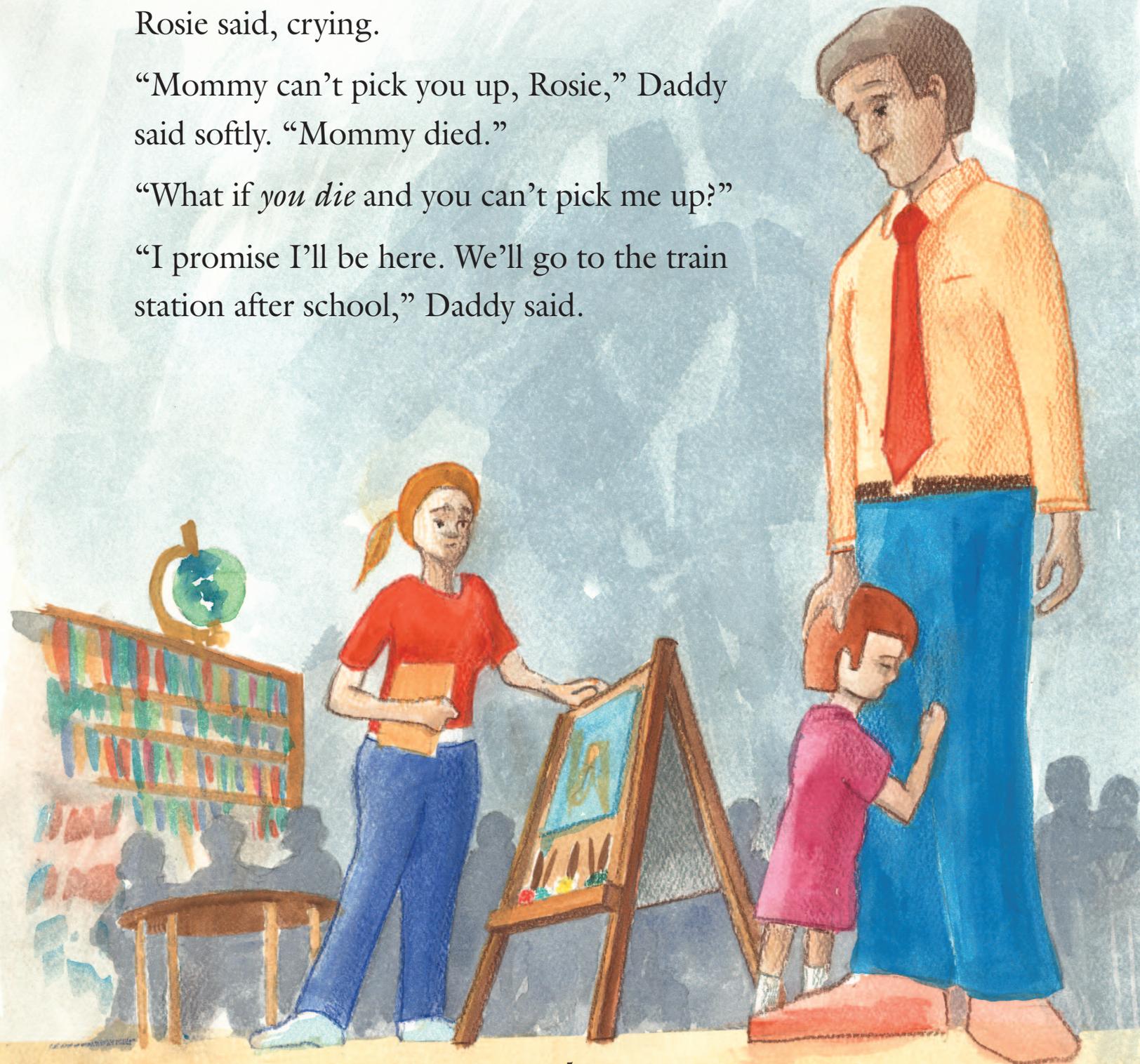
"I want Mommy to pick me up!"

Rosie said, crying.

"Mommy can't pick you up, Rosie," Daddy said softly. "Mommy died."

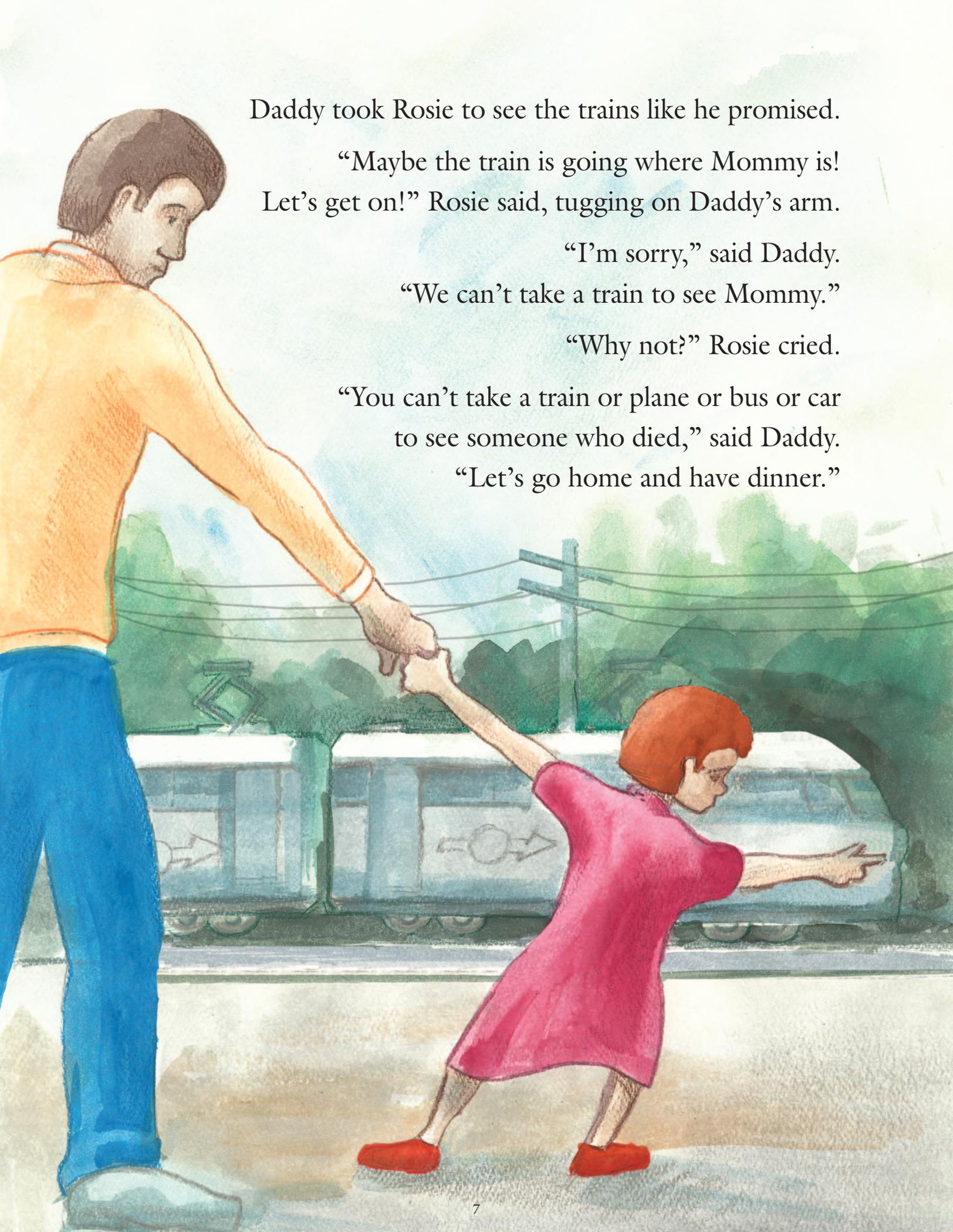
"What if *you die* and you can't pick me up?"

"I promise I'll be here. We'll go to the train station after school," Daddy said.





At school Rosie's friends were painting and doing puzzles — things she usually loved. But today she didn't feel like playing. She sat close to Ms. Jenny and was happy at story time. But at the end of the day she was sad again. She wanted her Daddy.



Daddy took Rosie to see the trains like he promised.

“Maybe the train is going where Mommy is! Let’s get on!” Rosie said, tugging on Daddy’s arm.

“I’m sorry,” said Daddy.

“We can’t take a train to see Mommy.”

“Why not?” Rosie cried.

“You can’t take a train or plane or bus or car to see someone who died,” said Daddy.

“Let’s go home and have dinner.”

Daddy made Rosie's favorite mac and cheese.

"I hate it! I want Mommy's." Rosie said, shoving her plate away.

"I'm sorry. Do you want chicken fingers?"

"No! Mommy got mad when I didn't eat all my chicken fingers."

Then Rosie looked scared.

"Did Mommy die because I made her mad?"

"No, Rosie," said Daddy.

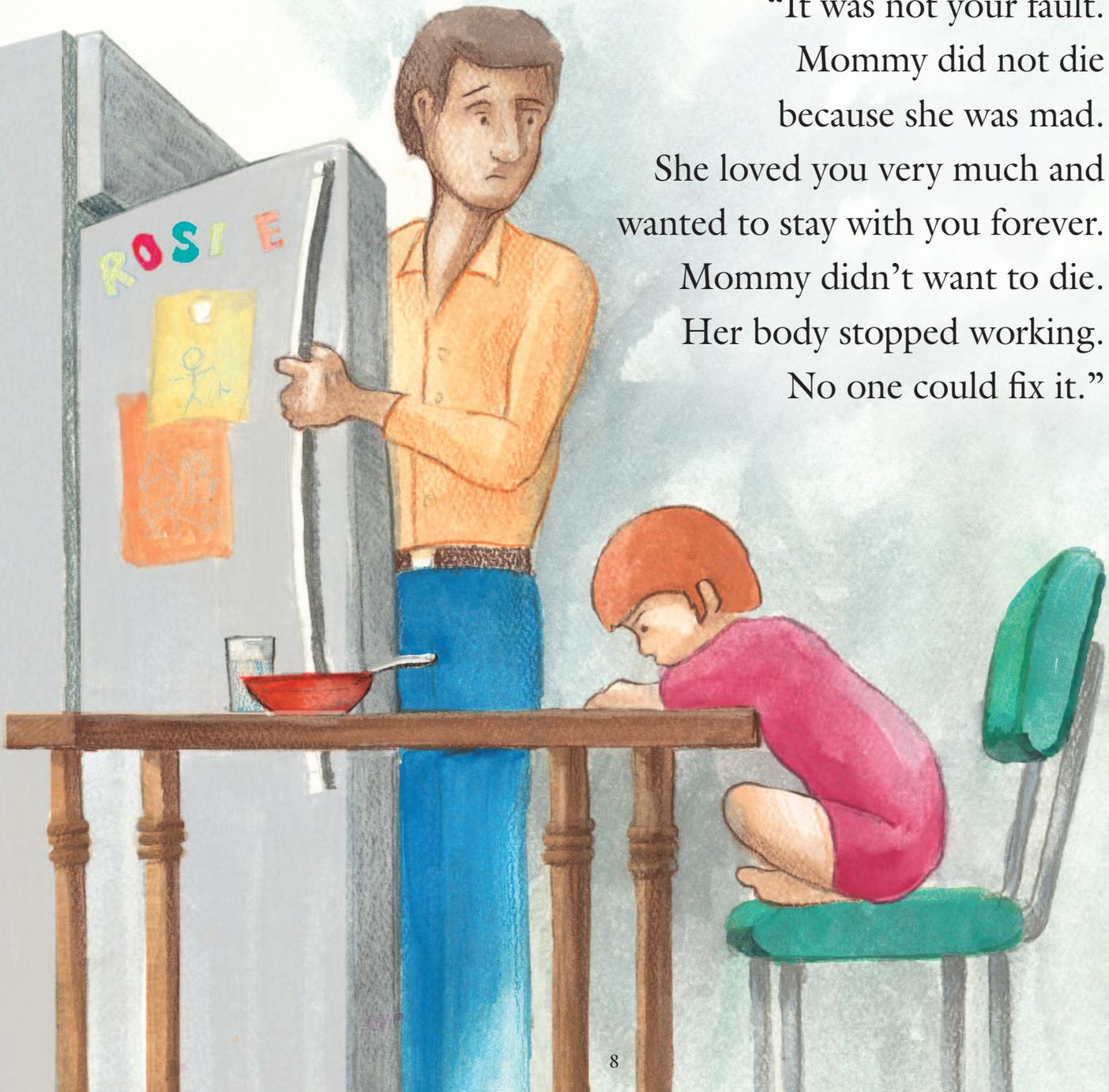
"It was not your fault.

Mommy did not die
because she was mad.

She loved you very much and
wanted to stay with you forever.

Mommy didn't want to die.
Her body stopped working.

No one could fix it."



At bedtime, Daddy read Rosie a book and tucked her in.

“I can’t sleep. My tummy hurts again!”

“I think your tummy may be sad and worried,” said Daddy.

“I’ll stay here for a little while.

Tomorrow we’ll see someone
who can help the hurt.”



Rosie and Daddy went to see Anna.

Anna's job is to help children after someone dies.

Anna had lots of toys to play with. Rosie picked up a bunny.

"This bunny is really mad," Rosie said. "I was mad at Mommy and then she died."



“Your Mommy didn’t die because you were mad at her. Children get mad at mommies sometimes. Your Mommy loved you and wanted to be with you forever,” said Anna.

“I am bad sometimes. What if that makes Daddy die?” asked Rosie.

“You can’t make people die by being bad,” said Anna.

“Daddy loves you and will take care of you. We will help you feel better.”



Rosie liked to play with Anna and the bunnies. Anna asked Rosie to pick a bunny to be Mommy.

Anna said, “This Mommy bunny died. Her body doesn’t work like ours anymore. She can’t move, or play, or eat, or talk.”



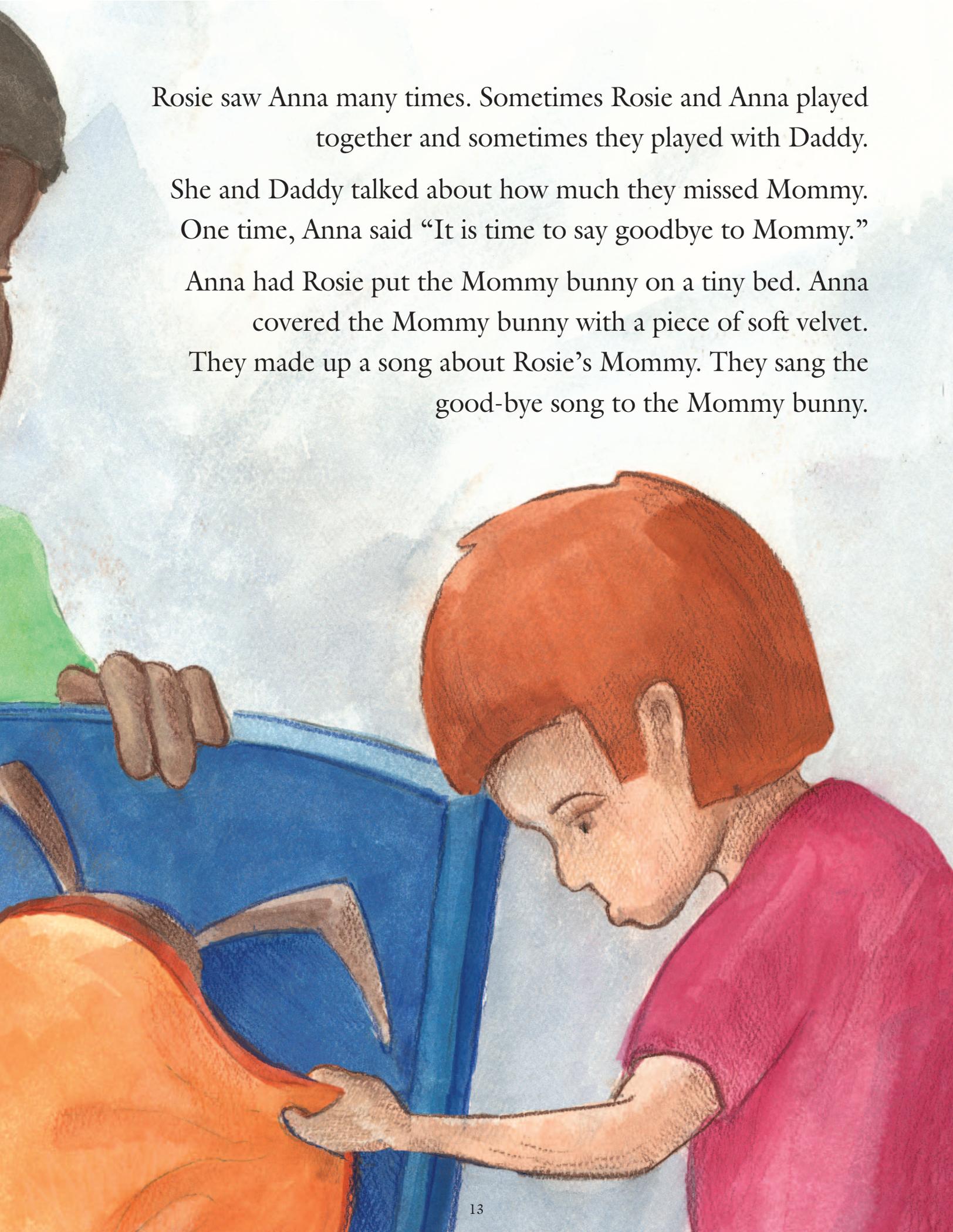
Rosie saw Anna many times. Sometimes Rosie and Anna played together and sometimes they played with Daddy.

She and Daddy talked about how much they missed Mommy.

One time, Anna said “It is time to say goodbye to Mommy.”

Anna had Rosie put the Mommy bunny on a tiny bed. Anna covered the Mommy bunny with a piece of soft velvet.

They made up a song about Rosie’s Mommy. They sang the good-bye song to the Mommy bunny.



“It is so sad your Mommy died and cannot come back. But you can look at pictures of her and remember happy times together,” said Anna.

“And we can keep her in our hearts forever,” said Rosie’s Daddy.

Anna had a special idea! “You can make a Forever Heart, Rosie. When you look at it, you can remember how much Mommy loved you and always keep her in your heart.”

“Yes! I want to make a Forever Heart!” said Rosie.

Rosie decorated her special Forever Heart with flowers and glitter and sparkly jewels.

She put a picture of Mommy in the center.







“Look at what I made,” Rosie said, running up to Ms. Jenny.

“It helps me keep Mommy in my heart!”

“That’s beautiful, Rosie!” said Jenny.

Rosie played with her friends that day in school.

She did a puzzle and painted a picture of a heart.

Rosie's birthday was the next week. She was excited about her party and the train cake Daddy made.

"We can put candles in the caboose! I wish Mommy could come to my party," Rosie said.

"I do too, Rosie. I know how much you miss her," Daddy said.

"Would you like to wear her special necklace?"

"Yes!" Rosie raced to get the necklace.



“I had so much fun,” Rosie said after her friends left.

“And our train cake was a big hit!” said Daddy.

“What did you wish for when you blew out the candles?”

Rosie said, “I wished for Mommy to stay in my heart forever.”

“I think that wish already came true,” said Daddy.

