

# Koko's Magical Gift



**A workbook for young womb twin survivors**

Althea Hayton

Various activities to help young womb twin survivors to talk about the fact that they once had a twin, who died in the womb or around birth.

Koko, the personification of the lost twin, becomes a real little person as we go through the workbook, stage by stage. There is a special activity for every step of the way. Koko's magical gift can help young womb twin survivors to come to terms with the loss of their twin.

Designed to be used in the company of a responsible and caring adult.

Suitable for children aged 4-9 years old.

Created by Althea Hayton, founder of the Womb Twin Kids Project. Supported by Womb twin, a non-profit organisation offering help and support to womb twin survivors around the world.

All proceeds from the sale of this book will go to Womb Twin.

**[www.wombtwinkids.co.uk](http://www.wombtwinkids.co.uk)**



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This is a book about me

My name is .....

I am .....years old

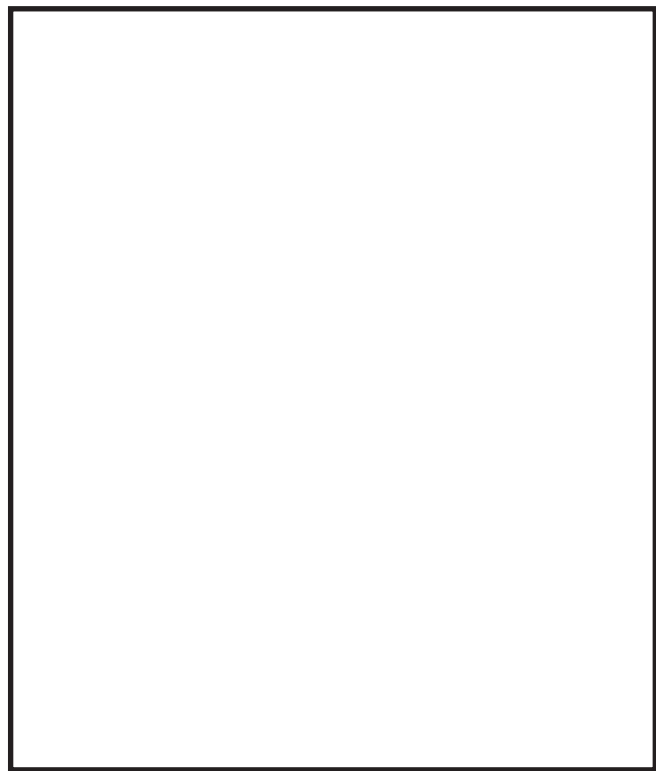
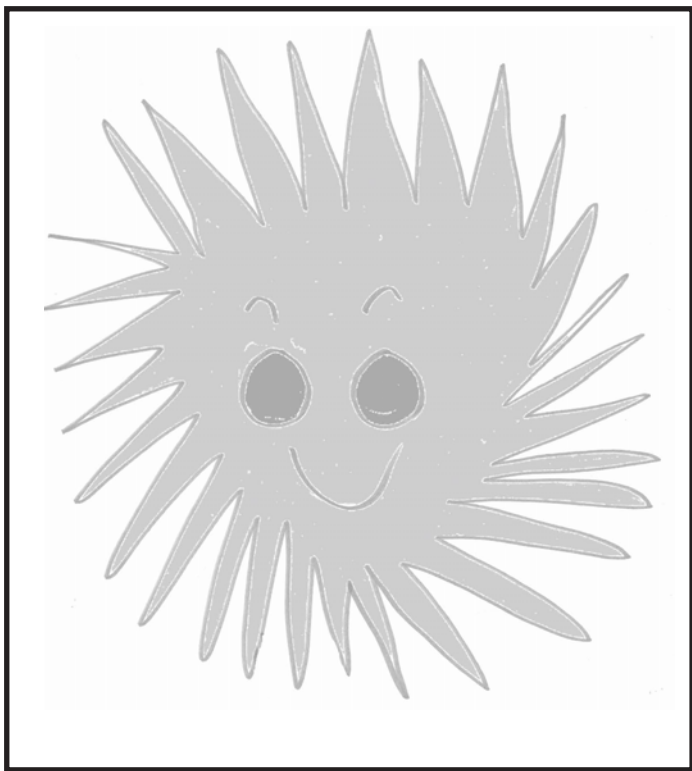
Find a nice photograph of yourself and stick it on this page

**In the very beginning** there was **Someone** with me  
who was there but not there, like an invisible friend.

The **Someone** not being there seemed to make a big  
hole inside me.

I didn't understand.

I felt very sad.



Here is a picture of the **Someone**. You can draw a picture of yourself in the empty box next to the **Someone**.

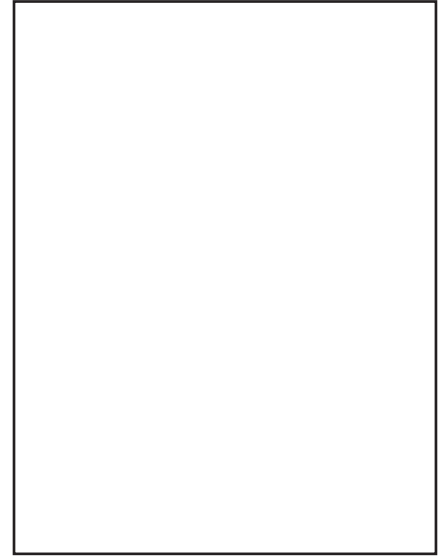
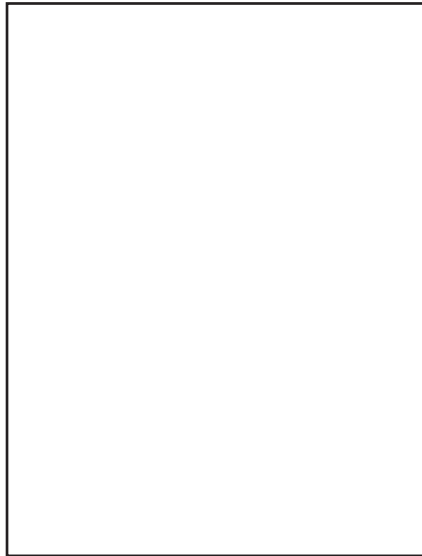
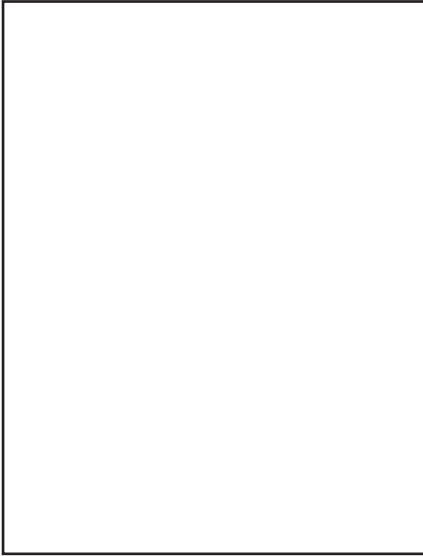
When I came into the world I wanted Mummy to be my **Someone**, but she was too squashy and big.

I thought my Daddy could be my **Someone** but he was too spiky and noisy.

Then I chose Teddy to be my **Someone** and he let me cuddle him all day, which was fine.

The hole inside me got a little bit smaller when there was **Someone** to cuddle.

## **Please will you be my Someone?**



You can draw pictures of your parents or carers in these boxes.  
You could find some pictures of your favourite cuddly toys, cut them out  
and stick them on this page if you like.

But Teddy didn't talk to me and cuddles were not enough to fill up the hole.

So I looked in the mirror and there was another me!

I wanted the other Me to be my **Someone**.

So every day I told my **Someone** in the mirror all about what I was doing. It was fun!



In the mirror I can see

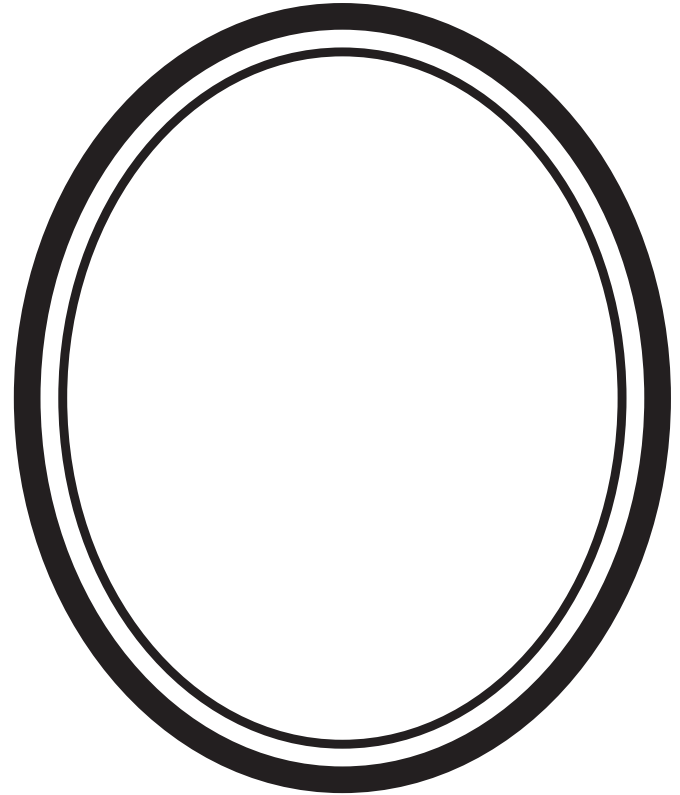
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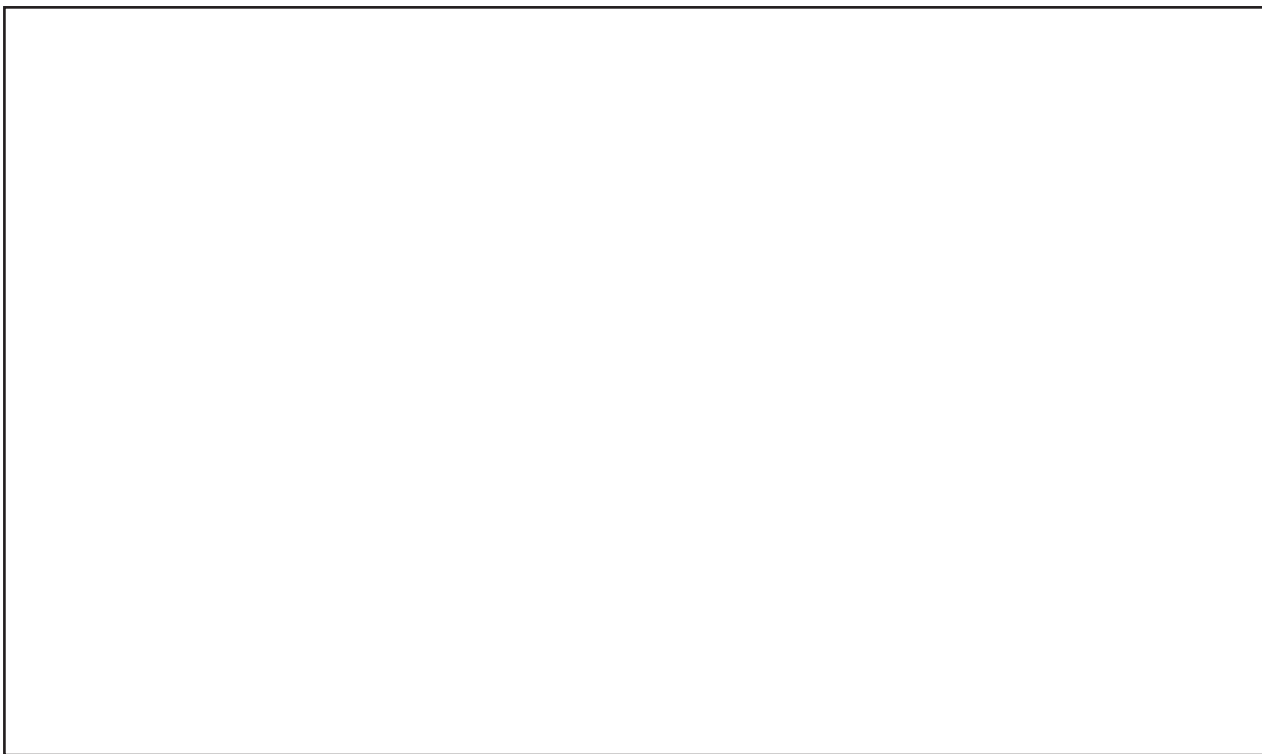
What can you see in the mirror? Write on the lines. Draw your reflection in the mirror or cut and paste in a photograph of yourself.

When I got bigger I asked my best friend to be my  
**Someone.**

It was good!

I could talk to my best friend and we could play together,  
but the hole inside me was still there.

I knew there was a **Someone** with me always, but it was  
an invisible **Someone.**

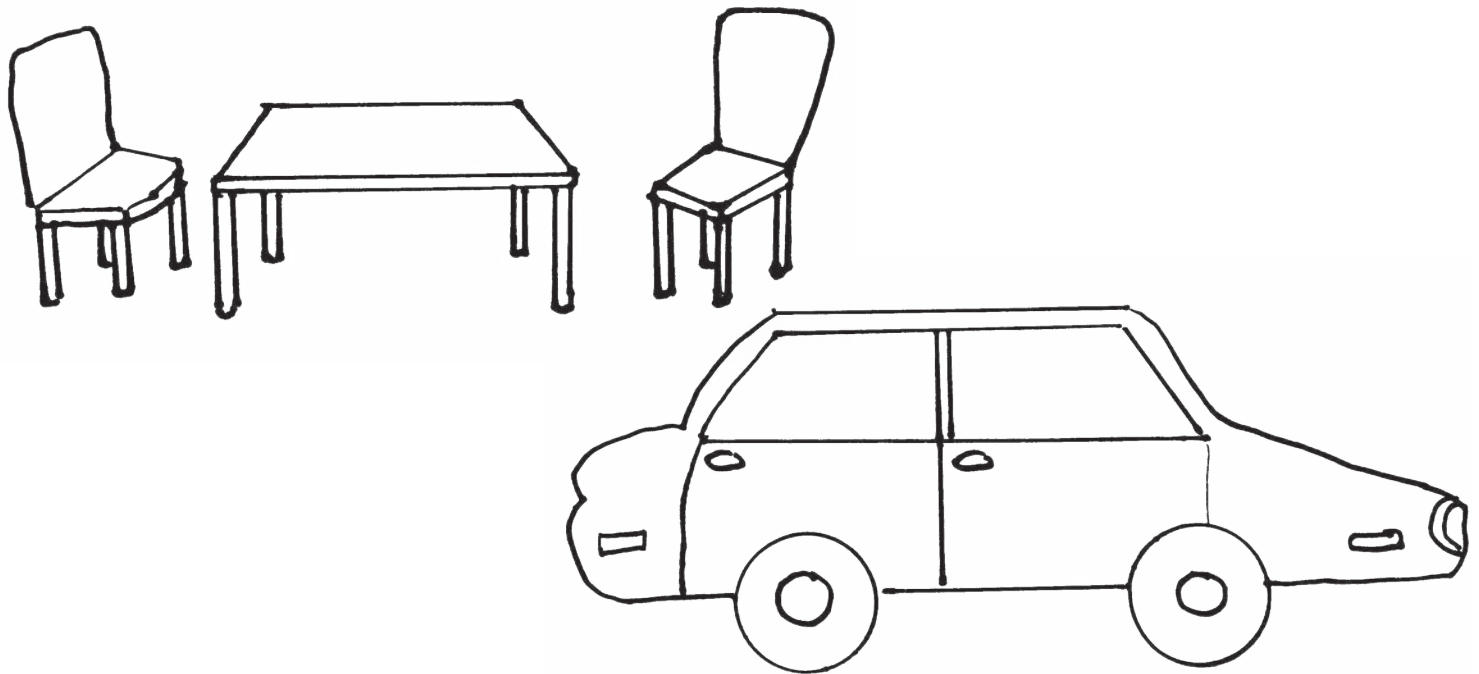


On this page you can draw a picture of yourself with your best friend

So I took my invisible **Someone** in the car with me.

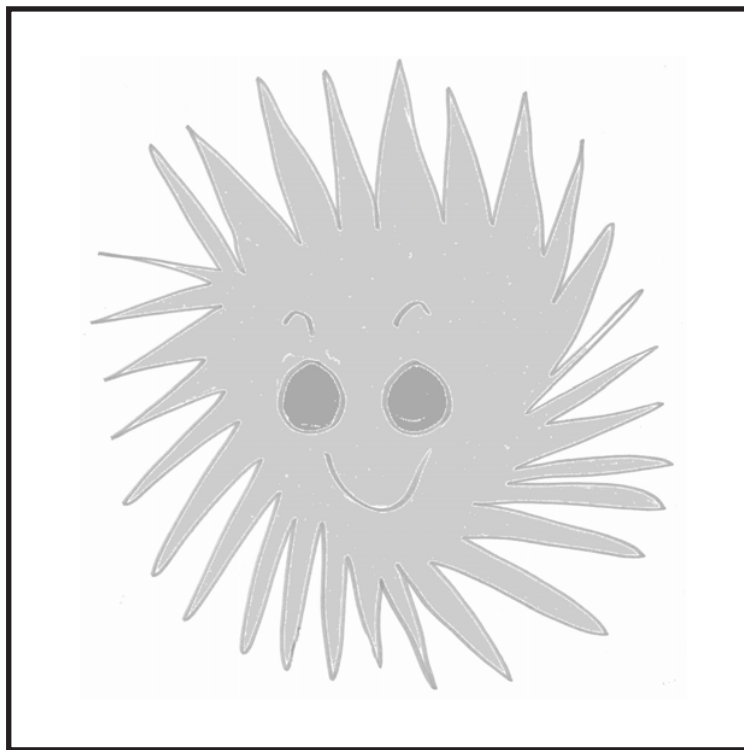
There was a special place next to me where my Someone could sit. When it was time to eat, my special **Someone** had a special chair and a special spoon.

I always ate my food if my **Someone** was there sharing it with me. The hole inside me got a bit smaller every day but it didn't get filled up.



You can draw the **Someone** sitting with you at the table or in the car

Then one day I suddenly knew that my **Someone's**  
name was **Koko.**



.....

You can write the name on this page - **KOKO**

I took **Koko** to the park with me and we went on the swings.

**Koko** was with me in my bed every night when I was sleeping, so I wasn't alone.

**Koko** came to school with me in my pocket but the teachers never knew.

**Koko** was my very special secret **Someone** and when I thought about it the hole inside got smaller.



Can find these words?

**bed**

**koko**

**park**

**pocket**

**school**

**swing**

<b>g</b>	<b>p</b>	<b>a</b>	<b>r</b>	<b>k</b>	<b>l</b>	<b>t</b>
<b>w</b>	<b>o</b>	<b>m</b>	<b>t</b>	<b>o</b>	<b>v</b>	<b>s</b>
<b>x</b>	<b>c</b>	<b>i</b>	<b>m</b>	<b>k</b>	<b>n</b>	<b>w</b>
<b>t</b>	<b>k</b>	<b>w</b>	<b>i</b>	<b>o</b>	<b>n</b>	<b>i</b>
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<b>q</b>	<b>t</b>	<b>p</b>	<b>r</b>	<b>j</b>	<b>s</b>	<b>g</b>
<b>s</b>	<b>c</b>	<b>h</b>	<b>o</b>	<b>o</b>	<b>l</b>	<b>t</b>

It was good to have **Koko** as my secret friend.

When I played I was never alone.

When I was in the bath I was never alone.

When I was in bed and it was dark I wasn't afraid  
because **Koko** was with me.

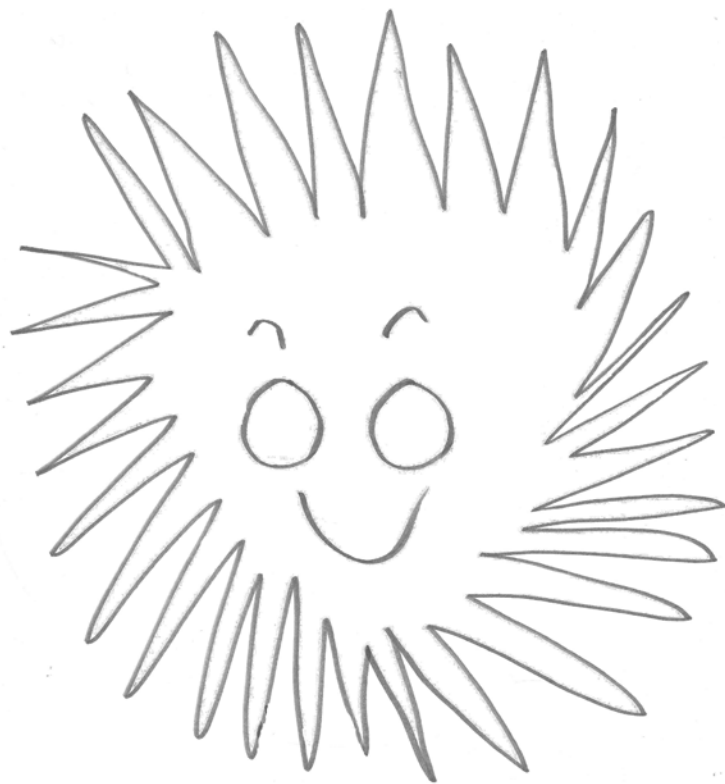


You can draw **Koko** on a white piece of paper, cut it out and paste it onto this dark square. Then it won't be so dark.

Then I got really busy with lots of things to do and I often forgot about **Koko**.

So I made myself a little **Koko** friend to put in my pocket to remind me.

My **Koko** was made out of all kinds of special things, like cuddles, sunshine, love and memories



Now you can colour **Koko** with rainbow colours!

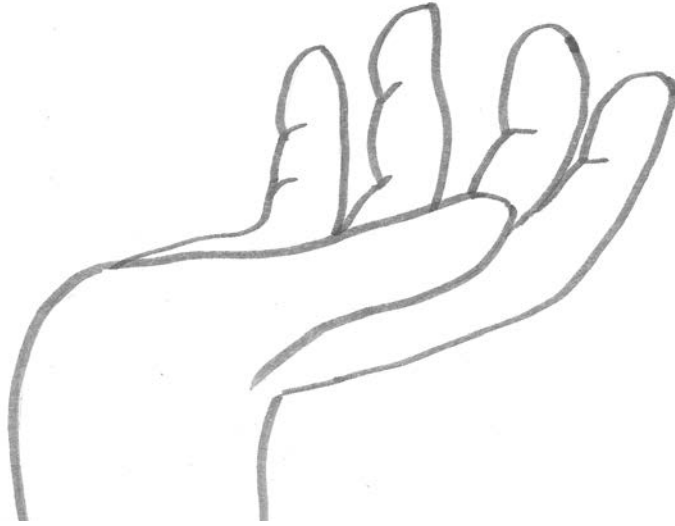
After a long time in my pocket **Koko** got squashed and dirty.

I knew it was time for **Koko** to go home.

So I went to the top of a high hill on a windy day.

I took my little **Koko** friend with me.

**Koko** was very small and light and could fly in the wind.



You can make your own **Koko** out of tissue paper or a fluffy white feather.  
Then you can stick it onto the hand on this page, ready to fly away.

I held my hand up into the wind and **Koko** lay there very still.

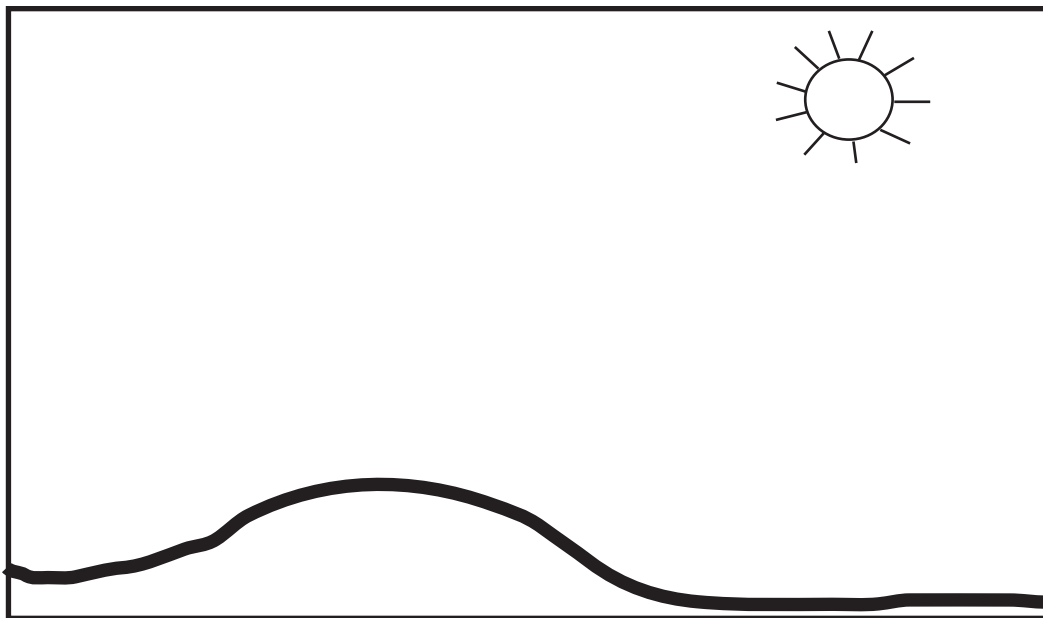
After a little while, the wind lifted up my little **Koko**.

I watched as **Koko** got smaller and smaller and went into the sky.

I felt very sad and lonely because **Koko** had gone.

The hole inside me felt very big and empty without **Koko** there to help me.





You can draw a tiny little **Koko** floating away.  
You may want to colour the sun and draw some trees and clouds.

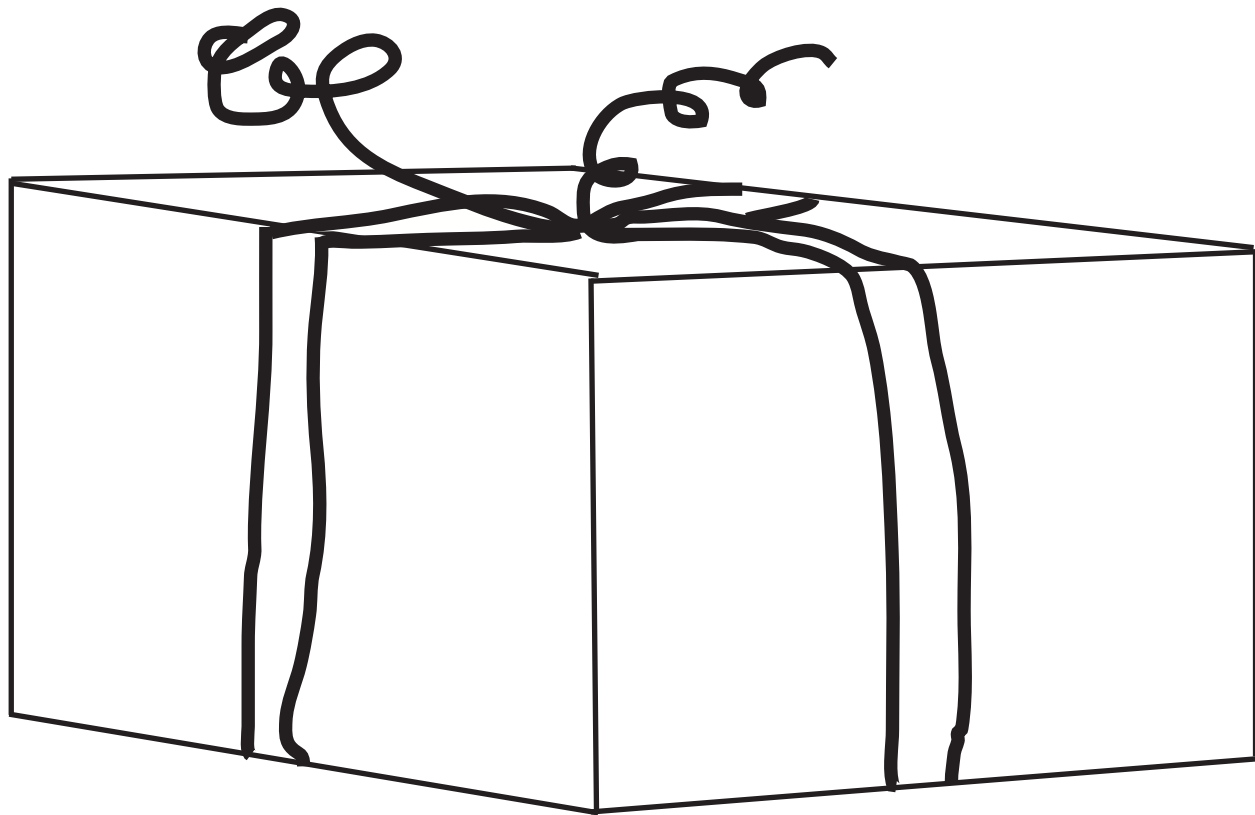
But when I got home there was a special parcel waiting for me.

It was from **Koko!**

I opened the parcel and inside was a wonderful and magical gift.

It was exactly the same size as the hole inside me. It fitted perfectly! I smiled and laughed.

I said “Thank you” to **Koko** and went off to play with my friends.



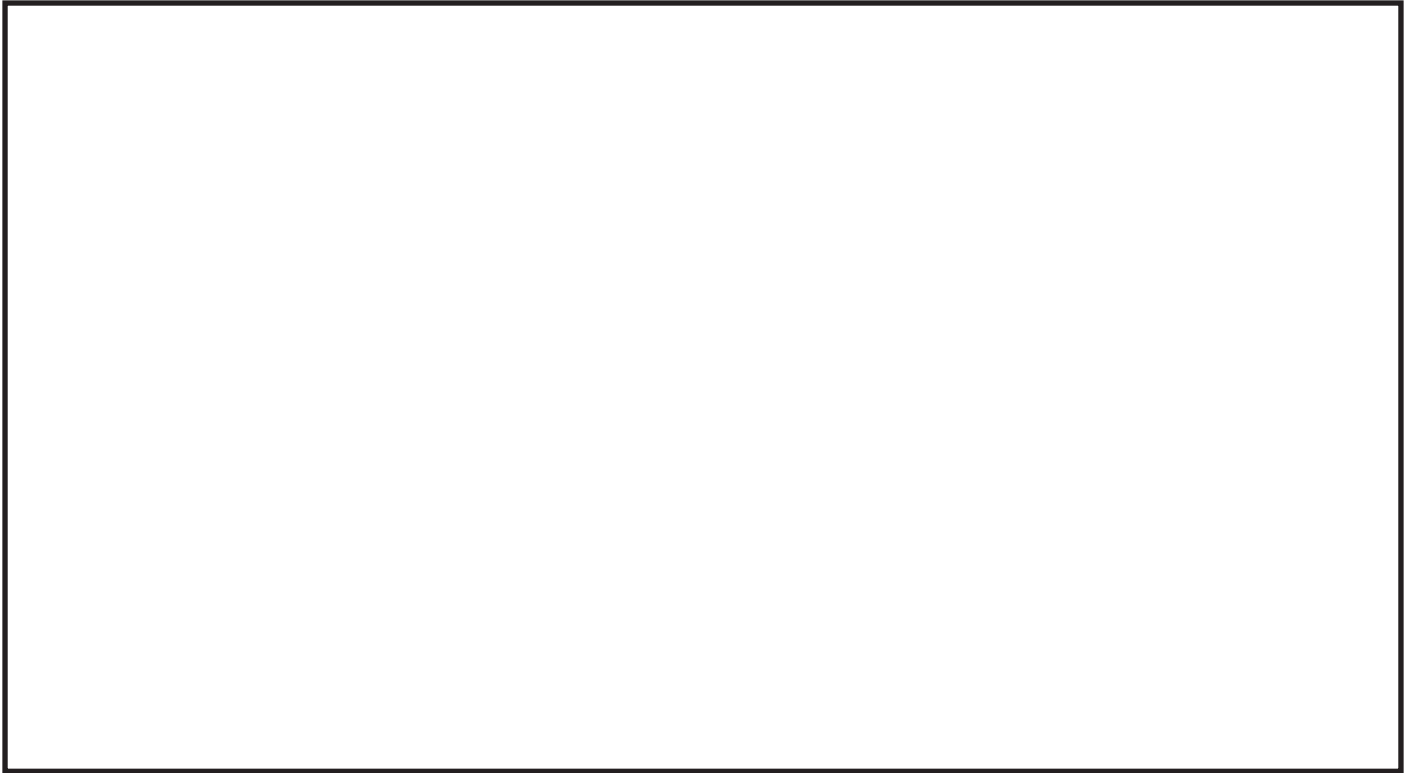
You may like to decorate **Koko's** magical gift, in any way you want.

I told my teacher and my friends my story.

I told them that I once had a **Someone** with me, when I first began.

My **Someone** stayed with me for a long time but had now gone home.

I didn't tell them about **Koko's** magical gift, because that will always be my secret.



You can write or draw anything you like on this page!

To find out more about womb twin survivors, please visit

**[www.wombtwin.com](http://www.wombtwin.com)**

or write to:

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