What can caregivers can do to soothe death-related anxieties?

1. Take it seriously. Be present and available when your child talks about death. Behave as if your child’s thoughts or worries on this topic matter to you.
2. Be calm and reassuring.
3. Affirm the hard reality. Don’t sugar-coat the facts, but instead be kind and realistic. Talk to them about the inevitability of the life cycle, and how it applies to everything that is alive. Plants, animals, humans. Your child will be reassured by the practical biological truth, and this helps them feel they can trust their parent to tell them the truth
4. Be honest and positive. Kids’ biggest fear is usually that they or their parents will die soon. Let them know that you plan to be around for a long, long, time. In young-child terms, it’s sufficiently honest to say you’re planning to live to 100, until they have children of their own, and their children have children. If your child asks what happens after someone dies, respond as positively as possible, without getting mystical.
5. Look for actions that affirm life. Talk about how being alive is a blessing, something to be grateful for every day. Talk about actions you can take when you’re alive, ways to express that gratitude.
6. Ensure a healthy balance. Like adults, kids are healthier in body and mind when they have a reasonably predictable schedule of naps, meals, snuggles, playtime, learning time, chores, outdoor time, and the rest.
7. Model an attitude of gratitude. Express appreciation for the fact that your child is alive, and in your life. Support your child in appreciating what’s good in their life. They will focus less on their fears as they find the pleasure in helping others, focusing on the well-being of others. Gratitude has many benefits, including increased well-being, happiness, energy, optimism, empathy, and popularity.
8. Institute a daily Worry Session. Set aside a special ten-minute "Worry Session" every day- to discuss your child’s fears. Ask them to talk to you about what they’re worrying about. Be present, available, and reassuring.
9. Read good children’s books about death or fear of death.

These include:

The Invisible String by Patrice Karst

Badger's Parting Gifts by Susan Varley

Lifetimes: The Beautiful Way to Explain Death to Children by Bryan Mellonie

When Dinosaurs Die by Laura Krasny Brown

When I Feel Sad by Cornelia Maude Spelman

And So It Goes, by Paloma Valdivia

 Ida Always, by Caron Levis

Consult a professional. If the worries get too big, and you're not able to soothe your child, it's time to talk to a professional. You may need help dealing with your child’s anxieties.