Practical Suggestions for Parents Whose Child Has Died
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♥ Information/Education – find out everything you can about what happened to your child.
♥ Ask questions.
♥ Include your other children in the family grief, including the visitation and funeral ceremony.
♥ Talk to others – especially those who have also had a child die – share your feelings.
♥ Journal.
♥ Write a letter to your child.
♥ Create a memory book or memory box with items that were special to your child or things that remind you of them.
♥ Include your child in family celebrations by: talking about them, having something displayed which represents the memory of the child such as a candle, flower, or picture.
♥ Put away your child’s things when YOU are ready, not when others tell you “it’s time.”
♥ Be ready for “helpful” comments from others that aren’t actually that helpful: *Everything happens for a reason, God needed another angel, etc.* The person saying this means to comfort, but often these clichés are NOT helpful at all.
♥ Nurture your relationship with your partner.
♥ Consider attending a support group.
♥ Take time making decisions.
♥ Try to eat, sleep and get exercise.
♥ Pray or meditate.