

## Mother's and Father's Day

Mother's and Father's Day may take on new meaning after the death of a parent or your child. Anticipating the changes and considering ways to make meaning can be helpful as the days approach. Whether it was your mother, father or child who died, both days will be transformed.

### Losing a Parent:

- It can be comforting to write out a Mother's or Father's Day card or poem, and then keep it in a special place.
- Wearing something of theirs, using their favorite fragrance, eating the foods they relished, putting their favorite flowers in a vase, or going somewhere they enjoyed can help you feel closer to your parent.
- You may enjoy spending some time looking through picture albums, reminiscing with friends and family, or telling favorite stories about your parent.
- Your mom is still your mom; your dad is still your dad. Honor them in any way that feels right to you.

### Losing a Child:

- Pamper yourself - this is a special day in your life. You are a parent forever and your child is your child forever.
- Include your child in the day - through prayer, lighting a candle, telling stories about them, looking through pictures, planting flowers or a garden, doing a good deed, writing about them, making their favorite recipe.
- Write a poem or article in memory of your child, sharing memories or whatever has helped you.
- Make a booklet of favorite poems that help your heart, and give copies to dear relatives and friends in memory of your child.
- Write a letter to your child, telling what's in your heart (perhaps some unfinished business or some new blessing that has enriched your life).

### A few additional suggestions:

- Be gentle with yourself.
- Listening to music can help to heal your heart.
- Be with those who surround you with love, not demands or advice.
- Start new rituals to make new memories.
- Plan ahead: do things that make you feel good or give you a moment's peace.
- Share your thoughts with family members; decide together what the day should include. (If you are alone, find a good friend.)
- Set aside some special time to grieve, unloading all the frustration and sadness that can envelop you on such a day giving you time to meditate alone.
- Allow the tears to flow - crying is healing and allows a release for your feelings.

**Wherever you are in grief, may you know that we are journeying with you along this difficult path.**

Sources: [www.OurHouse-Grief.org](http://www.OurHouse-Grief.org) and *The Compassionate Friends*  
<https://www.compassionatefriends.org/blog/making-mothers-day-fathers-day-special/>