

Helping Dad's Grieve



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## Holiday Joy

### ***Holidays can either be a time to hate or to remember the joy***

- How was your thanksgiving
- Any thoughts around Christmas
- Have you talked with your spouse about expectations
- Do you have an escape plan
- When to say no



## Holding Space

***When we our child dies, we need to hold space for his memory.***

- How will you hold space this year for your son or daughter
- What objects or events do you avoid
- When is it safe to put it away
- Walking alongside your spouse

# Walking Alone

## ***Spending time alone can be healthy***

- Admitting that being alone is healthy
- Spending time outside
- Connecting to your feelings at this time of year

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