

## **Mother's and Father's Day after the Death of a Parent**

Mother's and Father's Day may take on new meaning after the death of a parent. Anticipating the changes and considering ways to make meaning can be helpful as the days approach:

- ♥ The television, store displays, billboards, magazines and newspapers are constant reminders that EVERYONE else has a mother or a father.
- ♥ Friends or family may offer “adopting” their parent for the day, thinking it will make it easier for you. Let them know if that is helpful to you or not.
- ♥ 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.
- ♥ Listening to music can help to heal your heart.
- ♥ Visit the cemetery, light a candle or place flowers near your parent's picture or urn.
- ♥ Whether it was your mother or your father who died, both days will be transformed.
- ♥ Spending (socially distanced) time with others, balanced with allowing for some alone time can make the days more bearable.
- ♥ If you are a parent, talk with your family about what would make this Mother's or Father's Day special for you.
- ♥ Your mom is still your mom; your dad is still your dad. Honor them in any way that feels right to you.
- ♥ You may be surprised to find that Mother's or Father's Day is more or less difficult than you anticipated. Either way, be gentle with yourself.

[www.OurHouse-Grief.org](http://www.OurHouse-Grief.org)

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