



WAYS TO GET THROUGH MOTHER'S & FATHER'S DAY AS A GRIEVING FAMILY

As the head of a grieving family holiday time is fraught with emotional ups and downs. Decisions about how to both observe and survive major holidays can be overwhelming, especially when single parenting. As with all things related to grief it is important to remember that each family members' wishes and needs at holiday time will vary. For this reason, we suggest that prior to holidays such as Mother's Day or Father's Day you and the children meet to plan how you will mark this year's calendar event. Here are some suggestions you can choose from:

Make a collage about your person who died with magazine and newspaper cuttings.

Decorate a table with a display, altar, or shrine with photos and other items that symbolize your person.

Give a toast in honor of your person who died at a meal prepared with their favorite foods.

Participate in a favorite activity that you enjoyed while your person was alive or do something you had always hoped to do together.

Play Memory Charades: each family member acts out a scene from the past to recall happy times you shared before the death.

Watch a favorite movie or television show you used to watch with your person who died.

Visit the cemetery or the site where ashes were scattered and bring a picnic and hand painted rocks or flowers to decorate the site.

Find some ways to have fun and stay safe! Example: dance, take a hike in nature, play a favorite board game.

Watch videos or listen to audio recordings of your person who died.

Practice coping skills you learned in group.

Ask for help, support and understanding when you need it. Although your person is no longer alive, their memory and the love you shared will always be with you.

www.OurHouse-Grief.org

Toll free: (888)417-1444