

KEEPING MEMORIES AND TRADITIONS ALIVE

Making Room for Love in the Life That Continues

Memory | Tradition | Family | Love

Keeping your child's memory present can be a meaningful part of living with loss. A tradition, a favorite song, a birthday ritual, an act of kindness, or a shared story can make room for love and connection. Some rituals may feel comforting; others may become too painful or need to change over time. There is no right way to remember and no obligation to do the same thing every year. Choose what feels true to your child, your family, and your heart.

Traditions can change while the love behind them remains.

1 WHY TRADITIONS MATTER

- Traditions can give love a place to live outwardly.
- They can bring comfort, tears, or both.
- Small rituals can help a child remain part of family life.
- There is no right way to honor them.

2 REMEMBERING IN EVERYDAY WAYS

- Play a favorite song or make a meal they loved.
- Keep a photo, object, or small reminder nearby.
- Share a story when a moment brings them to mind.
- Ordinary memories can feel deeply meaningful.

3 BIRTHDAYS AND SPECIAL DATES

- Choose how you want to mark the day.
- Light a candle, visit a place, or invite others to remember.
- You may also choose quiet and rest.
- The day belongs to you and your child.

4 HOLIDAYS AND FAMILY RITUALS

- A familiar tradition may feel comforting or too painful.
- You can keep it, change it, or make something new.
- Include siblings and loved ones in ways that feel right.
- Flexibility can be an act of love.

5 ACTS OF KINDNESS

- Donate, volunteer, or do something generous in their honor.
- Invite others to join if it feels meaningful.
- A loving act can reflect their impact on the world.
- Let it be simple and true to them.

6 CREATING A MEMORY SPACE

- A memory box, shelf, garden, or journal can hold connection.
- Add items over time, or keep it private.
- There is no need for it to look a certain way.
- The meaning matters more than the form.

7 LETTING TRADITIONS CHANGE

- What feels right this year may not feel right next year.
- You have permission to pause or revise a ritual.
- Changing a tradition does not change your love.
- Listen to what your heart needs now.

8 LOVE LIVES ON

- Your child's memory can be carried in stories and values.
- Their influence can continue through the way you love others.
- You can keep building a life that includes them.
- Their place in your family remains.

A GENTLE REMINDER

Choose the memories and traditions that help love remain present in your family.

