

LOSS OF A PARENT SERIES

GRIEVING A PARENT WHILE RAISING YOUR OWN CHILDREN

*Holding Your Grief While
Caring for the Next Generation*

Parenting | Family | Memories | Compassion

When you are grieving a parent while raising children of your own, loss can touch many parts of family life at once. You may miss the grandparent your children knew, the support your parent gave you, or the chance to ask them questions about parenting. You may also notice their influence in yourself as a parent. There is no need to hold everything together perfectly. Your grief and your love for your children can both have room in the same day.

The love your parent gave can continue in the care you offer your children.

1 TWO KINDS OF LOVE

- You may be grieving as a child while parenting your own children.
- Love for your parent and love for your children can meet in tender ways.
- The roles can feel heavy and meaningful at once.
- You do not have to do either perfectly.

2 MISSING THEIR SUPPORT

- You may long for their advice, help, or reassurance.
- Parenting decisions can feel different without them.
- You may wish you could tell them about everyday moments.
- It is natural to miss your own parent while being one.

3 YOUR CHILDREN'S GRIEF

- Your children may miss their grandparent in their own way.
- They may ask questions or show grief through behavior.
- Simple, honest conversations can help them feel safe.
- You can learn and grieve together over time.

4 SEEING THEM IN YOU

- You may notice their habits, sayings, or values in yourself.
- Parenting can bring back memories from your own childhood.
- Some moments may feel comforting; others may feel tender.
- Their influence can remain part of your family story.

5 GIVING YOURSELF GRACE

- You may have less energy, patience, or focus some days.
- Asking for help can be a strong and caring choice.
- Small moments of rest can make a difference.
- Your children need your presence, not perfection.

6 SHARING THEIR MEMORY

- Tell your children stories about who they were.
- Make a favorite recipe or carry forward a tradition.
- Look at photos or create a small remembrance ritual.
- Connection can help their memory remain part of family life.

7 MILESTONES CAN BE TENDER

- Birthdays, school events, and holidays may bring longing.
- You may wish they could see your children grow.
- Joy can be accompanied by sadness without taking it away.
- Let each feeling have its own place.

8 CARRYING LOVE FORWARD

- The care they gave you can live on in your parenting.
- Your children may come to know them through your stories.
- Moving forward does not mean leaving them behind.
- Love can travel through generations.

A GENTLE REMINDER

The love of a parent can continue through the care you give your children.



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