

YEARNING FOR YOUR CHILD

When Love Reaches for Someone You Cannot Hold

Yearning | Love | Absence | Connection

Yearning for your child is one of the deepest expressions of love after loss. It can arrive as a wish to hear their voice, see their face, hold them close, or share the ordinary moments you expected to have. It may come in waves, in quiet moments, or without warning. There is nothing wrong with missing your child this deeply. Your longing reflects the place they hold in your heart and in your life.

Yearning is love reaching for the child who will always matter.

1 WHAT YEARNING CAN FEEL LIKE

- A sudden ache to see, hear, or hold your child.
- A longing for the life and moments you expected.
- A physical pull that can feel hard to explain.
- A reminder of how deeply you love them.

2 THE ORDINARY MOMENTS

- Yearning often shows up in everyday places.
- A meal, a song, a drive, or a familiar routine can stir it.
- You may notice the moments you wish you could share.
- These small reminders can carry a lot of love.

3 WHEN IT COMES IN WAVES

- Some days the longing may feel far away; other days, close.
- Dates, seasons, and milestones can make it stronger.
- A wave of yearning does not mean you are going backward.
- It is part of loving and grieving.

4 THE BODY REMEMBERS

- Yearning can feel physical: heaviness, restlessness, or ache.
- Your body may respond before you have words for it.
- Gentle care, rest, and breathing can offer small support.
- You do not have to push the feeling away.

5 MAKING SPACE FOR LOVE

- Say their name, look at a photo, or write to them.
- Create a quiet ritual when you feel the pull of missing.
- Let tears, silence, or memory have a place.
- Connection can be meaningful in its own way.

6 WHEN OTHERS DO NOT UNDERSTAND

- People may not always recognize the depth of your longing.
- You do not need to make your love understandable to anyone.
- Choose people who can listen without trying to fix it.
- Your child and your grief deserve tenderness.

7 HOLDING THE MEMORIES

- Memories may comfort you and hurt at the same time.
- You can choose how and when to visit them.
- A memory box, journal, or conversation can help.
- Their story remains part of yours.

8 LOVE DOES NOT END

- Yearning may change over time, but love remains.
- You can build a life around the loss without leaving them behind.
- Their place in your heart is not limited by time.
- You are allowed to carry them with you.

A GENTLE REMINDER

Missing your child is not a failure to move forward; it is love that remains.

