

FINDING SUPPORT AS A BEREAVED PARENT

You Do Not Have to Carry This Alone

Support | Connection | Care | Community

The death of a child can feel isolating, especially when the people around you do not know how to respond. Support does not erase grief, but it can offer a place to speak your child's name, share what is true, receive practical help, and rest from carrying everything alone. The right support may look different for every parent: a trusted friend, family member, counselor, faith community, grief group, or another bereaved parent. You deserve care that meets you with compassion.

Support cannot take the loss away, but it can help you feel less alone within it.

1 WHAT SUPPORT CAN BE

- Support may be emotional, practical, spiritual, or simply present.
- It can be someone who listens without trying to fix you.
- It can be help with meals, errands, or childcare.
- You get to decide what feels supportive.

2 PEOPLE WHO LISTEN WELL

- Look for people who can hear your child's name with care.
- They do not need perfect words to be helpful.
- A good listener makes room for tears, silence, and truth.
- You deserve to be heard.

3 ASKING FOR WHAT YOU NEED

- Others may want to help but not know how.
- Try a simple request: "Could you sit with me?" or "Could you bring dinner?"
- It is okay to say what is not helpful, too.
- Clear requests can make support easier to receive.

4 SUPPORT FROM OTHER PARENTS

- Another bereaved parent may understand without much explanation.
- Grief groups can offer belonging and shared language.
- You can listen quietly before you feel ready to share.
- Go at your own pace.

5 PROFESSIONAL SUPPORT

- A counselor can offer a private, nonjudgmental place for grief.
- They can help with anxiety, trauma, relationships, and daily coping.
- Finding the right fit can take time.
- You deserve care that feels safe.

6 FAMILY AND FRIENDS

- People close to you may grieve differently or struggle for words.
- Guide them toward the support that feels meaningful.
- Let them know when you want memories and when you need quiet.
- Boundaries protect your energy.

7 FAITH AND COMMUNITY

- Faith communities or community groups may offer comfort and practical help.
- Take what feels nourishing and leave what does not.
- You are allowed to ask hard questions.
- Belonging can be a source of strength.

8 BUILDING YOUR CIRCLE

- Your support network may be small, and that is okay.
- Keep a short list of people you can contact on hard days.
- Let connection be imperfect but real.
- You do not have to carry this alone.

A GENTLE REMINDER

The right support can make room for your grief, your love, and your child's memory.

