

# HOLIDAYS AFTER CHILD LOSS

## Making Space for Love and Grief

Memory • Tenderness • Support • Hope

The holidays may feel different now. You are allowed to make room for both love and grief.



Holidays can shine a light on an empty place at the table, traditions that have changed, and the child who should be there. It is okay if the season feels complicated. You do not have to celebrate the same way, feel the same way, or meet anyone else's expectations.

There is no right way to get through the holidays.

You are allowed to create a season that feels manageable for you.

### 1 WHY HOLIDAYS CAN HURT

- Traditions may highlight who is missing.
- Memories and expectations can feel overwhelming.
- Others may seem to move on before you can.
- Love and grief often grow louder in the season.

### 2 YOU HAVE CHOICES

- Keep traditions, change them, or skip them.
- Attend for a little while or not at all.
- Create a quiet plan for the day.
- Let this year be different if it needs to be.

### 3 WAYS TO REMEMBER

- Light a candle or hang a special ornament.
- Say your child's name or share a story.
- Prepare a favorite food or play a song.
- Create a ritual that feels meaningful to you.

### 4 MAKING A GENTLE PLAN

- Decide what feels manageable in advance.
- Give yourself permission to change your mind.
- Keep an exit plan for gatherings.
- Choose one safe person to lean on.

### 5 WHEN YOU NEED WORDS

- "The holidays are hard for me."
- "I may need extra kindness this year."
- "I cannot do everything I used to do."
- "Please remember my child with me."

### 6 SUPPORT & CONNECTION

- Tell someone what the season brings up.
- Ask a friend to check in with you.
- Connect with other bereaved parents.
- You do not have to face the holidays alone.

### 7 CARING FOR YOURSELF

- Rest from pressure to make it perfect.
- Eat, hydrate, breathe, and step outside.
- Let tears, quiet, or joy be welcome.
- Take one moment at a time.

### 8 HOPE FOR TOMORROW

- A hard holiday does not erase your progress.
- Love can be part of new traditions.
- You can carry your child into the season.
- You are allowed to find your own way.



## MOURNING DISCOVERIES

Compassionate Grief Support, Education & Guidance  
You can carry your child into the season.

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