

CARRYING THEIR LEGACY

Honoring the Life, Love, and Influence of Your Child

Legacy | Love | Memory | Continuing Bonds

Your child's legacy is not limited by the length of their life. It can live in the love they gave and received, the ways they changed others, the memories you carry, and the meaning you choose to create in their honor. Carrying their legacy forward does not mean you have to do something large or public. It may be as simple as speaking their name, telling their story, living by values they held dear, or finding a gentle way to include them in your life and family.

Their legacy can live in the love and meaning you carry forward.

1 LEGACY IS LOVE

- Legacy can be found in the love your child brought into the world.
- Their life touched you and others in ways that matter.
- A short life can still leave a lasting imprint.
- Their place in your story is forever real.

2 SPEAK THEIR NAME

- Saying their name can honor who they are.
- Tell the stories you want others to know.
- Include them in family conversations when it feels right.
- Their name can remain part of the life you live.

3 SHARE THEIR STORY

- Remember their personality, hopes, humor, and interests.
- Share photos, letters, art, or favorite memories.
- Your child is more than the way they died.
- Stories can keep their life close and visible.

4 VALUES THAT REMAIN

- You may carry forward what mattered to your child.
- Kindness, courage, creativity, faith, or joy may inspire you.
- Living by those values can be a quiet tribute.
- Their influence can guide without holding you back.

5 RITUALS OF REMEMBRANCE

- Light a candle or play a meaningful song.
- Create a day or act of kindness in their honor.
- Rituals can make room for connection.
- Choose what feels true for you.

6 GIVING BACK

- A donation, cause, scholarship, or kind act may feel meaningful.
- You can help others in a way that reflects their life.
- There is no requirement to create a public legacy.
- The most meaningful choices are often personal.

7 MAKING ROOM FOR YOU

- You do not have to carry legacy as a responsibility or burden.
- Your own life and well-being matter, too.
- It is okay for the way you honor them to change over time.
- Love can be carried gently.

8 THE BOND CONTINUES

- Moving forward does not mean leaving your child behind.
- Their love, memory, and influence remain part of you.
- You can carry them into every chapter of your life.
- The relationship continues in the ways love endures.

A GENTLE REMINDER

A legacy can live in the everyday ways your child's love continues through you.

