

THE LOSS OF A CHILD

A Gentle Place for Grief, Remembrance, and Support

Love | Longing | Memory | Family | Continuing Bonds

The death of a child changes a parent's life in ways that can be hard to put into words. Whether your child was an infant, a young child, a teenager, or an adult, the love you carry and the place they hold in your heart do not end. You may feel shock, yearning, anger, guilt, tenderness, or a deep sense that the world has changed. There is no right way to grieve your child and no timetable for the love you continue to hold.

Your child's life and love remain forever woven into your story.

1 A LOVE THAT DOES NOT END

- The bond with your child continues beyond death.
- Love does not disappear because their life was too short.
- Your relationship is still real and meaningful.
- You are still their parent.

2 EVERY LOSS IS UNIQUE

- Your child's age, life, and story matter.
- Pregnancy, infant, child, teen, and adult child loss each carry their own pain.
- There is no comparison within child loss.
- Your grief deserves respect and care.

3 THE EVERYDAY MISSING

- You may miss their voice, laugh, touch, routines, and presence.
- Ordinary moments can bring longing without warning.
- You may notice the space they should have filled.
- Missing them is part of loving them.

4 A CHANGED WORLD

- The future you imagined may feel altered.
- Family gatherings, holidays, and milestones can be tender.
- The world may look the same while feeling completely different.
- You are allowed time to live in this changed reality.

5 GRIEF HAS MANY FEELINGS

- Sorrow, anger, guilt, numbness, fear, and yearning can all appear.
- Feelings may change from one moment to the next.
- There is no correct way to experience this loss.
- Each feeling deserves gentleness.

6 YOUR CHILD'S PLACE

- Speaking their name can keep their memory close.
- Photos, stories, rituals, and keepsakes can honor their life.
- You may include them in family conversations and traditions.
- Their place in your family remains.

7 CARING FOR YOURSELF

- Grief can affect sleep, energy, concentration, and health.
- Small acts of care are not selfish; they are necessary.
- Let others help when support feels possible.
- You do not have to carry this alone.

8 A LIFELONG BOND

- Life changes; love remains part of you.
- Moving forward does not leave them behind.
- Their influence and memory stay with you.
- The bond remains part of your story.

A GENTLE REMINDER

You do not have to let go of love in order to live with loss.

