

SPEAKING YOUR CHILD'S NAME

Keeping Their Place in Your Story

Memory | Connection | Family | Love

For many parents, hearing or saying their child's name is a meaningful way to keep their place present in the family. Yet others may avoid the name because they are afraid of causing pain. Your grief is not caused by someone remembering your child; your love and missing them are already there. Speaking their name, sharing a story, or including them in family moments can be a source of comfort. You get to decide when, how, and with whom you want to remember.

Their name is part of the love you carry and the story that continues.

1 WHY NAMES MATTER

- Your child's name holds their identity and place in your family.
- Hearing it can bring tears, warmth, or both.
- Their name is not something to be avoided.
- It can be a bridge to memory and connection.

2 WHEN OTHERS ARE AFRAID

- People may worry that mentioning your child will upset you.
- Often, the absence is already painful.
- You can gently tell them it is okay to say the name.
- Their willingness to remember can be a gift.

3 YOUR CHOICE, YOUR TIMING

- Some days you may want to talk; other days you may not.
- Both choices are valid.
- You decide who feels safe to share memories with.
- There is no right way to remember.

4 SHARING THEIR STORY

- Tell a favorite story, share a photo, or recall a small detail.
- Ordinary memories can feel especially precious.
- Let their personality and presence be known.
- Their story belongs in the family story.

5 INCLUDING THEM IN FAMILY LIFE

- Speak their name at holidays, birthdays, and gatherings.
- Find a place for them in family traditions.
- Invite siblings and loved ones to share memories.
- Love can keep their place present.

6 WHEN IT FEELS PAINFUL

- Speaking their name may sometimes feel too tender.
- You can pause, cry, or choose silence.
- Pain does not mean you should stop remembering.
- Go at the pace your heart needs.

7 HELPING OTHERS REMEMBER

- You can offer simple guidance: "I love hearing their name."
- Tell people what kinds of memories feel comforting.
- Let them know you may need tears and conversation at once.
- Clear words can help caring people show up.

8 LOVE KEEPS SPEAKING

- Your child remains part of who you are.
- Their name can live in stories, rituals, and everyday moments.
- You can carry them forward in the way you live and love.
- Their place in your heart is secure.

A GENTLE REMINDER

Your child's name belongs in the love, memory, and story of your family.

