

DO I EVER STOP BEING A BEREAVED PARENT?

Parenthood and Love Do Not End

Memory • Tenderness • Support • Hope

You will always be
your child's parent.
Love remains part of
who you are.



A child's death changes the way a parent lives, but it does not end the relationship or the love. You may continue to parent in new ways: by remembering, honoring, speaking their name, carrying their values, and holding their place in your family.

You do not stop being a parent because your child died.
Your love continues to have a place in your life.

1 THE ANSWER IS LOVE

- No, you do not stop being a parent.
- Your love and connection remain real.
- Grief changes, but your child's place does not.
- There is no timetable for a parent's love.

2 HOW PARENTHOOD CONTINUES

- Speaking your child's name and story.
- Honoring birthdays and meaningful dates.
- Carrying their values into your life.
- Including them in the story of your family.

3 FEELINGS YOU MAY NOTICE

- Yearning, sadness, anger, or loneliness.
- Pride in the person your child was.
- Pain around milestones and future dreams.
- A need for others to remember with you.

4 GENTLE WAYS TO PARENT

- Create traditions that honor your child.
- Write letters or keep a memory box.
- Make a donation or act of kindness in their name.
- Choose what feels meaningful to you.

5 WHEN YOU NEED WORDS

- "I am still their parent."
- "I would like to talk about my child."
- "Please say their name with me."
- "My love for them has not ended."

6 SUPPORT & CONNECTION

- Talk with another bereaved parent.
- Seek a child-loss support group.
- Let trusted people know what you need.
- You do not have to carry this alone.

7 CARING FOR YOURSELF

- Let your feelings have room to exist.
- Take breaks from expectations and pressure.
- Rest, breathe, and be gentle with yourself.
- Allow joy and grief to live together.

8 HOPE FOR TOMORROW

- Your child remains part of who you are.
- Love can be carried into the future.
- Healing does not mean letting go of them.
- You are allowed to live and still be their parent.

