

# YEARNING FOR YOUR CHILD

## When Love Longs for Connection

Memory • Tenderness • Support • Hope

Yearning is not a sign  
that you are doing  
grief wrong. It is love  
reaching for your  
child.

Yearning is the deep ache of missing your child: wanting to see them, hear them, talk with them, hold them, or share a moment that they should be here to experience. This longing can come in waves, and it is a natural expression of enduring love.

You are not “stuck” because you still miss your child.  
You are carrying a love that has nowhere else to go.

### 1 WHAT YEARNING CAN FEEL LIKE

- A deep ache or physical sense of missing them.
- Wanting one more conversation or embrace.
- Longing for ordinary moments together.
- A sudden wave brought on by a reminder.

### 2 WHEN IT MAY ARRIVE

- Quiet mornings, nights, or special dates.
- At milestones and family gatherings.
- When you see something they would have loved.
- Without warning, in the middle of an ordinary day.

### 3 WHAT IT DOES NOT MEAN

- It does not mean you are failing to cope.
- It does not mean you are moving backward.
- It does not mean your grief has a deadline.
- It means your bond and love are real.

### 4 MAKING SPACE FOR LOVE

- Say their name or tell a story.
- Write a letter or speak to them privately.
- Keep a photo or meaningful object nearby.
- Let memories come without pushing them away.

### 5 WHEN YOU NEED WORDS

- “I miss my child so much.”
- “I wish they were here.”
- “This moment makes me think of them.”
- “I need someone to listen.”

### 6 SUPPORT & CONNECTION

- Tell one safe person when the ache feels heavy.
- Connect with another bereaved parent.
- Join a support group or seek counseling.
- You do not have to yearn alone.

### 7 CARING FOR YOURSELF

- Breathe and place a hand over your heart.
- Rest when the ache feels exhausting.
- Step outside or do one calming thing.
- Be gentle with the part of you that misses them.

### 8 HOPE FOR TOMORROW

- Yearning may change, but love remains.
- You can carry connection in meaningful ways.
- Joy can return without replacing your child.
- Your love will always have a place.

