

## Special occasions

### Suggestions for remembering your child on special occasions

Many find the special day goes easier (and with less anxiety) if their child is included in the special day.

#### Birthdays:

- Give a birthday present to the charity of your choice.
- Visit family and friends, bring pictures of your child and share memories.
- Spend some quiet time at home and watch your child's video, look at pictures, or even invite some close family or friends over to share time with you.
- Work on a craft project; make something to remember your child by. Share craft time with another child.
- Have a birthday party. Invite family and friends, just as you would if he/she were here.
- Visit the gravesite and bring anyone who wishes to go. Have a birthday cake and sing Happy Birthday.

#### Holidays:

- Write down happy memories to be read when your family celebrates the holiday.
- Make or buy a holiday ornament and hang on your tree, hanging the ornament in the same spot on the tree every year.
- Light a candle, saying their name out loud.
- Do what you feel you have the energy to do.
- Decorate the gravesite with blankets of evergreen branches, wreaths, small trees, or lights. (Check the guidelines of your local cemetery and make sure that you don't put anything out that you wouldn't want stolen.)

#### Valentine's Day:

- Decorate gravesite with Valentine's theme.
- Send childlike Valentine cards out.
- Visit with friends and family.

#### Anniversaries of death:

- Have a remembrance ceremony at home, church, school or somewhere special. Have everyone light a candle, sing a song, say a prayer or read poetry.
- Have a party to celebrate the life that was shared, no matter how short it may have been.
- Visit with friends and family.

### How can I remember a family member's child or a friend's child during significant holidays?

The most important thing to do is to acknowledge their child. As time goes on, families relate that fewer people acknowledge their child. Send a card, give them a call or visit. Anything that shows you remember.