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## Tips for Coping with Grief During the Holiday Season

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- **Acknowledge Your Feelings:** Recognize and accept the range of emotions, allowing space for sadness, grief, and even moments of joy.
- **Create New Traditions:** Establish holiday traditions that honor your child's memory, such as lighting a special candle or preparing their favorite dish.
- **Set Realistic Expectations:** Understand that the holidays may be different. Set realistic expectations, allowing flexibility in your observances.
- **Communicate with Loved Ones:** Share your needs openly with family and friends. Communicate how they can offer support, whether through shared memories or quiet reflection.
- **Plan Alone Time:** Prioritize self-care by planning moments of solitude, whether through a quiet walk or time in a comforting space.
- **Join a Support Group:** Connect with fellow bereaved parents in a support group to share experiences and gain insights into coping strategies during the holidays.
- **Honor Your Child's Memory:** Find meaningful ways to honor your child, such as creating a memorial ornament, writing a letter, or engaging in reflective activities.
- **Seek Professional Support:** If grief intensifies, consider seeking guidance from a grief counselor or therapist for coping strategies tailored to your needs.
- **Give Yourself Permission to Say No:** It's okay to decline overwhelming invitations or traditions. Prioritize your emotional well-being by giving yourself permission to say no.
- **Focus on Gratitude:** Practice gratitude by reflecting on positive memories shared with your child, finding small joys during the season to balance emotional challenges.

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## Heartfelt Ways to Honor Your Child During the Holidays

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- **Organize a campaign:** Rally friends for an online apparel fundraiser by creating a special shirt in your child's honor or host a Facebook fundraiser to support the SUDC Foundation. [Learn more at sudc.org](https://www.sudc.org)
- **Sponsor a Child or Family:** Spread joy by sponsoring a special child or family, extending holiday cheer in your child's memory.
- **Volunteer Time:** Dedicate time to a local charity, participating in outreach programs or serving meals.
- **Create a Memorial Fund:** Establish a fund directing contributions to causes aligning with your child's passions.
- **Plant a Memorial Tree:** A loving way to create a peaceful place of remembrance for your child.
- **Initiate Acts of Kindness:** Encourage acts of kindness, collectively honoring your child's memory throughout the season.
- **Craft Handmade Remembrances:** Create personalized remembrances like ornaments or candles, sharing them with loved ones.
- **Establish Quiet Reflection Time:** Designate a specific time for quiet reflection, incorporating rituals like lighting a candle or playing their favorite music.
- **Incorporate Their Traditions:** Integrate meaningful traditions into your celebrations, such as a favorite dish, holiday movie, or specific activity.