

Helping Children Remember the Deceased



After a loved one dies, memories ensure that they will continue to live on in your heart, even though they are no longer with you in person. Helping children remember the person who died will teach them that just because a death ends a life it does not have to end a relationship. By reflecting and remembering the role someone played in your life, you can continue to have a relationship with those who have died.

Ideas for special moments

- Ask family members and friends to share messages or memories in a journal. Having these personal notes will help you and your child remember how much the person who died was loved.
- Create a new family ritual or tradition to honor and remember the deceased – this is especially meaningful around birthdays and holidays.
- Share how you feel about what happened and what your loved one meant to you. Being honest with your children will encourage them to be honest with you.

Ideas for everyday

- Help your child collect pictures or other special items to put together a scrapbook or memory box. Memorabilia can help refresh child's memories as to what a deceased relative looked like and enjoyed doing.
- Maintain memories by getting creative. Writing, telling stories, planting the loved one's favorite flowers, and other activities can help keep a person's legacy alive even after they die.
- Ask your children to draw pictures of their favorite memories with the person that died.
- Talk about the person often and remind your children about how much the deceased person loved them.
- Keep a journal to document your grief journey and encourage your child to do the same. Writing is a great tool for helping people heal from emotional, stressful, or traumatic events.

Further Reading:

- *The Memory String* by Eve Bunting
- *I Will Remember You* by Laura Dower

References:

- Marquess, A. (2014, December 8). Family Traditions - Remembering a Loved One Who Died. Retrieved July 1, 2015, from <http://creativewithkids.com/family-tradition-remembering-a-loved-one-who-died/>
- Williams, L. (2013, January 25). Memorials Large and Small: Real People Remembering Loved Ones. Retrieved July 1, 2015, from <http://www.whatsyourgrief.com/remembering-someone-who-has-died/>





Bo's Place

Bo's Place exists to enhance the lives of those who have experienced the death of a loved one.
10050 Buffalo Speedway, Houston, TX 77054 • 713.942.8339 • info@bosplace.org • www.bosplace.org