



FATHER'S DAY

BEREAVEMENT SUPPORT

Every day is hard when you are grieving for a loved one, but significant days in the calendar can provoke additional feelings of sadness and loss and conjure up memories of the times when you were able to celebrate such days. These days can feel particularly challenging for children bereaved of a Dad or Dads who have been bereaved of a child or even their partner. Often the best way to manage the day is to plan ahead and decide what you might like to do to mark the occasion. It's important to involve children in the decision, even if it is that they choose to make a card or take part in an activity that Dad enjoyed. Some choose not to think about it at all though that is hard when it feels like everyone around you is focussed on this occasion.



FATHER'S DAY CARDS

Many schools will make cards with children and so it's important to consider this and advisable to have a discussion in advance as to what your child feels and thinks about this. Everyone is unique in how they manage this time and children are no exception. Allow them to be empowered to make their own decision and be open and honest with them, trying to honour their wishes where possible. If they choose to make a card it could be placed in a memory box or at the resting place. It would help to also discuss their wishes with the school.



CHILD LOSS

Days like these and the lead up to them can feel very overwhelming while we are coping with a range of thoughts and feelings. It is normal to feel sad, angry and often lonely. However, if you are feeling unable to cope, please speak to someone. A GP, family, friend, support group or those in similar circumstances can help you to normalise your feelings. It's very important for men to share their feelings as much as women and children. Showing your feelings does not make you weak and it's healthy for your children to see you sad and grieving.



HONOURING DAD

Discuss ideas as to how you may mark the day as this can reduce feelings of anxiety. Purchasing a special or token gift, having a meal or undertaking an activity that Dad liked can help with familiarity. Or decide a new tradition, finding new ways to include Dad, even if it's to visit his resting place on the way to or home from a visit.



HOW TO SUPPORT

You can help your friends or family by offering a listening ear, assistance round the home, a day out or even a hug. Often knowing that someone is there for us, to help in some way can be a relief. Men can often be forgotten mourners, please check on your male friends. Lets talk about death and help those who need to talk about how they are feeling.

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