



# MOTHER'S DAY

## BEREAVEMENT SUPPORT

Mother's Day can be particularly hard for a child bereaved of a Mum or a Mum bereaved of their child. It can feel like everyone else is focussed on this day and you have no choice but to face it. The truth is that there are lots of other children, young people and adults who struggle with this day and just knowing that you're not alone can really help. It can be difficult to know what to do, how to mark or celebrate the day or how to cope with just getting through it. It is important to understand that there is no right or wrong way as we are all unique but we have provided here some advice and ideas that may help.



### MOTHER'S DAY CARDS

Most schools make Mother's Day cards and sometimes token gifts. Often a bereaved child may feel even more lonely, upset, angry or overwhelmed as they see their peers creating cards for their Mum, whereas some will gain

comfort in making one. Encourage them to be open and honest about their wishes. It would help to also discuss their wishes with their school. If they chose to make a card, it could be placed in a memory box or at their resting place.



### HONOURING MUM

The lead up to the day can often feel much worse than the day itself, as anxiety and feelings build up over time. Planning what to do to honour Mum on Mother's Day can alleviate fears and worries and involving children in

decisions will empower them to choose. Doing something together like baking a cake, buying flowers, making Mum's favourite meal or visiting her resting place can be comforting. Creating new memories can bring mixed feelings of sadness and guilt but also accomplishment.



### CHILD LOSS

As a Mum grieving for a child, it can be difficult to acknowledge this day, whether you have other children or not. Talk to your family about your wishes. You may want to go on a short break somewhere or be out for the

day or you may just want to stay at home and be looked after. Days like these and the lead up to them can feel very overwhelming, while you are dealing with a range of thoughts and feelings. It is normal to feel sad, angry and 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 and express your feelings.



### HOW TO SUPPORT

It is hard to know what to do when we have friends or family who are grieving. Practical help and assistance is just as helpful as offering a listening ear or a hug. Acknowledging the special person who has died and talking about them

is comforting for the family and helps to remind them that others are thinking of them too. It is important to consider that emotions surrounding days like this, often occur long before the day and can take days or weeks to dissipate. Knowing that someone is there for us, to help in any way, can bring relief and comfort.

Let's talk about death and help those who need to talk about how they are feeling.

[#MessageforMum](#)

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