

Holiday tips

Suggestions for Holiday Rituals & New Year's Resolutions

It can be helpful for bereaved parents to include their children in their thoughts and rituals during the holiday season. This can be done in many ways. Some parents find their rituals, as well as their thoughts change over the years. Incorporate your child's memory into the holiday season in whatever way is most helpful to you.

Holiday Rituals



Have a candle lighting ceremony.

- * Light one symbolic candle and share your thoughts with those closest to you.
- * Have everyone in a small gathering light a candle, share a poem or prayer and observe a time of silence.
- * Light four symbolic candles one for grief, one for courage, one for memories, and one for love.

Hang a stocking in memory of your baby.

- * Place notes or messages in a stocking for your baby and ask others to contribute as well. Read them, as you wish, during the season.

Plan time at the cemetery

- * Hang a wreath, place a tree or decorate the gravesite with lights and ornaments.

Give gifts or spend time with others who are in need this holiday season.

- * Helping others can be a very healing experience.

Make angels in the snow.

- * Make snow angels at the cemetery, your front lawn or a nearby park. If you have other children, they also may like this idea.

Make or purchase a special gift for your child that will serve as a memento.

- * These mementos can be helpful throughout the coming years.

Allow other children to remember their siblings in whatever way is most helpful to them.

- * Have your children make a special drawing or sing a song for their sibling.

New Year's Resolutions



- * I will try not to imagine the future and take one day at a time.
- * I will allow myself to cry, both alone and with my loved ones.
- * I will not shut out family and friends from my thoughts and feelings.
- * I will take care of my health. A sick body will only compound my troubles. I will drink a lot of water, take multivitamins, rest (even if I don't sleep) and exercise moderately. I will help heal my body as well as my mind.
- * I will share my feelings with compassionate friends and let them share with me. I realize I am coming out of my shell when I care about the pain of others.

- * I will try not to expect so much understanding from those who have not walked the same path.
- * I will be kind to myself, and appreciate my health, appearance, and time alone.
- * I will remember I owe it to myself to enjoy life.
- * I will try to be more considerate of my spouse, children and parents. They, too, are coping and deserve my help.
- * In memory of my child, I will do something to help someone else. This way, my child can live on through me.
- * I will keep a journal to see my progress through grief.



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