

*One of the best ways to help a family touched by the death of a child is by offering them long-term, unconditional support.*

- *Listen.*
- *Provide practical aid such as cooking meals, helping with childcare, and running errands.*
- *Understand it's not possible to fix them.*
- *Express your love.*
- *Give them permission to feel their sadness. Honor their tears.*
- *Remember special days.*
- *Be there for them no matter how long it takes.*
- *Understand they will never be the same person they once were. Validate the new person they are becoming.*
- *Say their child's name.*

*Adapted from MISS Foundation*