



PARENT & GUARDIAN

SELF-CARE THROUGH
ANNIVERSARIES



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HOW TO LOOK AFTER YOURSELF THROUGH THE 'FIRSTS'

Certain dates, such as the anniversary of the loss, the bereaved loved one's birthday, or even holidays you're used to sharing with the lost loved one may heighten your grief, as they are reminders of your loved one's death. Here are some steps to help you cope with reminders of the loss.

1. PREPARE YOURSELF

Although it is difficult to tell how you will feel on an anniversary, birthday, or holiday since everyone grieves differently, it's best to prepare in case you need extra support and care. Anticipate that such dates may evoke powerful memories of the feelings and events surrounding the loved one's death and it is important to plan how to cope with them.

2. MAKE PLANS AND CONNECT

Often scheduling social activities and making plans with loved ones during this potentially lonely time will provide you with support and stand as reminders that you're not alone in your grief. This could take the form of a formal remembrance ceremony or more casual event. You may also choose to write a private note or letter to your lost loved one to connect on a more personal level.

3. REFLECT AND REMINISCE

Share fond memories and the good times you spent with your lost loved one. You may opt to start a memory book or write these memories down somewhere you can refer back to in times when the grief becomes difficult.



4. START A NEW TRADITION

You may want to mark this day with a new tradition that adds to or provides new meaning to the occasion. It could be cooking your loved one's favourite meal, playing one of his or her favourite songs, lighting a candle to symbolise his or her presence, or giving to a cause that was important to the deceased.

5. ALLOW YOURSELF TO FEEL

Dates such as anniversaries, birthdays, and holidays may be particularly bittersweet, as you and your child(ren) experience the painful reminders of the loss, the difficult memories of the death, and the joyful times you shared with your loved one. Ensure there is room in the day for them and yourself to take a break and make space to process these conflicting emotions.

THE FEEL THE MAGIC GRIEF COMMUNITY IS A GREAT PLACE TO START TO CONNECT WITH OTHERS.



<https://www.facebook.com/groups/ftmgriefcommunity>

1 IN EVERY 20 AUSTRALIAN CHILDREN
WILL EXPERIENCE THE
DEATH OF A PARENT BEFORE
THEY REACH THE AGE OF 18.

**PROVIDING GRIEF EDUCATION AND
SUPPORT FOR BEREAVED CHILDREN
AND THEIR FAMILIES**



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