



Our community share...

12 Ways To Remember

a Loved One

this Christmas

Our community share...

12 Ways To Remember a Loved One this Christmas



The absence of a loved one during the holiday season can lead to feelings of sadness and isolation for grieving children. Feelings of grief may be rekindled as children reminisce about previous memories or as they create new ones.

When a child is surrounded by other kids who are excited about the holiday season, it can be especially difficult. And whilst there will always be a void from the loss of a loved one, there are some meaningful ways for grieving kids to remember, honour, and feel connected to their loved one during Christmas.

We asked parents and volunteers from our Feel the Magic community how they remember a loved one this Christmas. These 12 tips have been shared by them so other families can be inspired to find a special way to remember and honour their loved ones this Christmas.

1. Capture special memories

Take some time to write down your memories or pen a letter for your loved one in a special journal. This can help you or your kids feel connected to your loved one and the memories you shared together.



2. Share special words

Place written cards with special words and memorabilia at the cemetery or special place of meaning. This is a way to personalise the memorial and provide comfort for your family.



3. Make a place at the Christmas table

Create a place at the Christmas table with your loved one's name. This can be thought of as a place for your loved one amongst the family as a special memory of them.

4. Light a candle

Place and light a special candle in their honour. This can create moments of reflection, peace, and connection.



5. Create a Christmas memorial

Decorate the resting place (endearingly known as a treasure box by one family) with Christmas decorations. This can be a way to reflect and honour your loved one during the holiday season.

6. Hang a photo of the loved one on the Christmas tree

Create a visual connection and honour the memory of your loved one in your home on your Christmas tree with a photo.



7. Buy a gift for kids or family from their loved one

Gifting something to your child or family from their loved one, be it sentimental, a favourite thing or something that conveys their personality, can create connection, and encourage remembrance. One family in our community buys socks for their family from their son that reflects his sense of humour.



8. Include your loved one in Christmas photos

On Christmas morning take a family photo (perhaps in matching pyjamas 😊) in front of a photo of your loved one. Continuing a family tradition, or starting a new one, can keep your loved one a part of the family and traditions.

9. Donate a gift in memory of your loved one

Go shopping as a family and donate a present to a wishing tree in memory of your loved one. Allow your child to decide on a gift to give back during the holiday season. This is a way for them to channel their grief into something that can help others.



10. Include your loved one in Christmas photos

Have a photo taken of your child or children with Santa holding a photo of your loved one. This is another way to continue a tradition or creating a new one to continue their memory and honour them.



11. Hang a special bauble on the Christmas tree

Give your child the opportunity to choose a unique ornament for the tree that encapsulates a memory of their lost loved one, or something that reminds them of their loved one. They might also want to make a personalised Christmas ornament with their loved one's name as a more creative version of this activity.



12. Create personalised star messages

Write special messages or memories to your loved one on star-shaped cut outs and hang them with a ribbon around the home or on a tree.

The holiday season can be a tough time for anyone who has experienced the death of a loved one. But remembering a lost loved one can provide comfort and meaning during challenging times.

Each child experiences grief differently. It's important to remember that they might not have the emotional tools or words to express their feelings which is why these remembrance activities might be helpful.

Take some time to talk together as a family about how you feel and how you'd like to remember your loved one, being sensitive to everyone's wishes.

[Read our guide](#) for tips to prepare grieving kids for the holiday season.

In our [Grief Resource Hub](#), you'll find information to help you through a range of challenges – from dealing with the news of a terminal diagnosis, to how to speak to a child after an immediate loss, to getting through the first 12 months and beyond – across all ages including teens.

Funded by our supporters, these resources are created by our Clinical Director/ Psychologist. If you can't find what you need, please [contact us](#), or [make a time to talk to one of the Feel the Magic team](#).



PO Box 707 | St Marys | NSW | 1790

E-Mail: admin@feelthemagic.org.au E-Mail: www.feelthemagic.org.au