

PLEASE *Don't* FORGET

NAME: _____

CHILDREN'S NAMES: _____

LOST LOVED ONE'S NAME: _____

mark the following dates on your calendar:

LOST LOVED ONE'S DATE OF BIRTH: _____

LOST LOVED ONE'S DATE OF DEATH: _____

WEDDING ANNIVERSARY: _____

CHILDREN'S BIRTHDAYS: _____

DON'T FORGET HOLIDAYS AND MILESTONES

- Make a note on the calendar if any of these holidays pertain to the grieving person's loss: Valentine's Day, Mother's Day, Father's Day.
- Send special cards on holidays and key dates. Make them or buy them ahead of time so that you're ready.
- Send gifts.
- Attend milestones of children if the lost loved one was a parent.

A FEW THINGS YOU CAN DO TO HELP YOUR GRIEVING FRIEND

- Call them.
- Text them and don't be surprised if there is no response, but keep doing it.
- Take them to lunch.
- Take them to a movie.
- Take them for a walk.
- Take them for a weekend away.
- Bring them a favorite meal.
- Help them with house projects.
- Make a time to see them so that you can listen and let them talk.

IF YOUR GRIEVING FRIEND LIVES FAR AWAY

- Call them regularly.
- Text them.
- Send cards, especially for the first year after the loss.
- Give them a blanket of comfort.
- Send gift cards.
- Later on, when people have forgotten, send flowers, chocolates, or little gifts just to remind them you care.

...AND DON'T FORGET THE CHILDREN!