

What Can I Leave My Children?

You may find yourself reading this fact sheet because you are a friend of a mother who has a terminal illness, or perhaps you are a mother with a terminal illness.

Motherless Daughters Australia feels strongly about ensuring that death doesn't always have to be so final and confronting for those who are left behind, particularly children.

We understand that life's key milestones are a significant time in one's life and that mothers play a huge role in terms of support, celebrating, loving and making a fuss of their children.

To enable this, you may like to consider:

Writing letters and cards.

Writing letters and cards for your children to open on key milestone days or times in life:

- Milestone birthdays
- Puberty
- Graduation
- Engagement/wedding day
- When they first become a mother/father themselves
- A letter to your future grandchildren

Leaving them a video or voice message.

Record video and/or audio messages so that your children can listen to it any time. It doesn't need to be scripted or professional. Be honest, be you. You might even like to record yourself reading a story that can be played to your children if they're still young, or to your future grandchildren one day.

Detailed health information and tips.

Ensure you have detailed health documentation that your children can access. Detailed notes on what your experience was like during puberty, pregnancy and/or menopause will provide useful information and also a great source of comfort to your daughter as she navigates these particularly emotional times. Perhaps write down some tips and tricks that worked for you, or words of encouragement to help during those first few months of becoming a new mum.

Share your favourites.

Write down your favourite recipe, colour, flower, food or song. Share your likes and dislikes, your favourite memory, first boyfriend, first heartbreak, where you've travelled. Motherless daughters often talk about longing for seemingly unimportant but lovely pieces of information about their mums.

A special place.

Share a special place such as the beach or park that brings you joy or peace so that your child can return over the years to come.

Purchasing a star or planting a tree.

Purchase a star, or plant a tree that can grow or be monitored over the years, allowing your child to feel connected and visit at times of need.

No matter what age a daughter loses her mother the impact is immeasurable.

What you take time to do now will be emotional, and at times confronting, but will serve as a permanent reminder and comfort of a mother's care and love.