

TO DO/NOT TO DO LIST FOR OUR FRIENDS AND FAMILIES

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I once had a very close relative say to me, "There's really nothing you can do when someone dies." Of course, this was said to me very shortly after my son had died, and I was in shock. Shock that someone would look me in the face and say those horrible words, and shocked that I couldn't even come back with a reply. So even though it has taken me a while, I have compiled the following list for families and friends of the Bereaved:

Be patient with us. Our lives have totally changed.

Don't forget us, one, two, three, four, or even five years down the road.

We will never forget that death date, birthday, or special occasion.

Try not to be offended if we don't:

*laugh as much as we use to

* don't want to go out as much as we use to

* don't feel comfortable in crowds (if you keep asking, and we say no, this is probably why)

*are no longer the life of the party

* need to be around other people whom have lost children

DO SUPPORT US BY:

* talking about our kids, we love to hear their names

* support us on our walks, golf scrambles, motorcycle rides or whichever way we choose to honor our child

* Remember us at Christmas and the Holidays. They are so hard for us.

* Ask us "How are you doing?" just be sincere when you ask

* Send us cards or pictures of our kids

* Tell us stories about them, that makes us happy

* Let us talk about our children, don't let us hear that stone-cold silence when we mention their name

* Love us just where we are today.