

Holidays and hard days.

Holidays, birthdays, and anniversaries can bring grief right to the surface. There's no right way to do them. A little planning can make the day feel lighter.

What families often notice:

Dread beforehand

The days before can feel harder than the day itself.

The empty chair

Traditions can sting when someone is missing.

Mixed feelings

Joy and missing someone can show up together.

Worn out

Grief takes energy. Kids and adults may tire fast.

Plan ahead together:

- **Ask the kids.** Let them help choose what stays and what changes.
- **Keep it simple.** Fewer events and shorter visits are okay this year.
- **Have a backup plan.** Agree on a quiet spot or an early exit if it gets to be too much.
- **Tell family ahead.** Share what you need so no one is caught off guard.

Ways to remember:

- **Light a candle.** A quiet way to honor them together.
- **Celebrate their favorite.** Make a recipe, listen to a song, or watch a movie they loved.
- **Write a note.** Kids can write or draw a message for a memory box.
- **Do something kind.** Give in their honor, like a toy drive or treats for a neighbor.

Words that help:

INSTEAD OF

"Let's just act normal."

TRY

"This year might feel different, and that's okay."

INSTEAD OF

"Don't be sad today."

TRY

"It's okay to miss them and still have fun."

INSTEAD OF

"Let's not bring it up."

TRY

"How do you want to include them today?"

Need support this season? We're here.

Cason's Place offers free peer grief support for kids, teens, and families in Eastern Oregon. Kids connect with other kids who understand, while parents and caregivers meet in their own group.

casonspplace.org • 541-612-0828 • info@casonspplace.org

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