

Let's talk about...

Saying Goodbye from Far Away

Helping kids say goodbye to a loved one can help them understand their feelings and deal with the loss. Here are some ways you can help your child remember someone special:

- **Write a Letter:** Have an adult take a letter to the hospital to read it aloud to their loved one.
- **Draw a Picture:** Your child can keep the drawing or send it to the hospital to be hung up in the room.
- **Be Creative:** Write a poem or a song. You can record it and send the audio to the hospital.
- **Keep a Memento:** Pick a special, safe item that belonged to their loved one to keep in their room.
- **Make a Pillow:** Take a piece of their loved one's clothing and turn it into a pillow for hugging.
- **Share Memories:** Make a list of things they learned from that person or try out a hobby the person used to love.
- **Plant Something:** Plant a tree or flower or make a small "memory" stone garden.



- **Make a Scrapbook:** Look at old photos and put them together in a book with written memories.
- **Listen to Music:** Create a playlist of songs that remind them of their loved one.
- **Send a "Hug":** Trace your child's hands on paper and cut them out. Connect the two hands with a piece of string that is as long as your child's arm span. This "hug" can be sent to the hospital.

For more information or to connect with a Child Life Specialist, please visit: <http://ucdavis.health/childlife>