

Let's talk about...

U.S. News
"Best Children's
Hospitals" rankings


Ranked among the
nation's best in five
pediatric specialties



Children Saying Goodbye from Afar

Helping children say goodbye to a loved one can help them process the situation and cope with the loss. Below are some ideas you can share with your child as you help them say goodbye and remember their loved one.

Some ideas to keep in mind:

- Write a letter and have an adult who is visiting the hospital to deliver it or read it out loud to their loved one.
 - Draw a picture and keep it, or to send it to the hospital to be hung in their loved one's room.
 - Write a poem or a song that can be shared aloud or made into a recording and sent to the hospital.
 - Choose a special item that belonged to their loved one that they can keep. Make sure this item is safe, durable, and appropriate for your child's age.
 - Choose a piece of clothing that belonged to their loved one. Make it into a pillow so it can be held and snuggled.
 - Make a list of things they learned from their loved one. Try out an activity or hobby that their loved one used to enjoy.
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- Plant a tree, or a flower, or bury a time capsule. Make a stone garden in memory of their loved one.
 - Look at photos of their loved one. Make a scrapbook and share memories.
 - Listen to music that reminds them of their loved one. Make a playlist of their favorite songs.
 - Make a "hug" by tracing their hands onto paper, and then cutting out the tracing. They can decorate the hands or write messages to their loved one. Then measure a piece of string so that it is as long as their arms, from fingertip to fingertip. Attach the string ends to the paper hands. Now they have a "hug" that can sent to the hospital with a visiting adult.

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