



International Bereaved Mother's Day is the Sunday before Mother's Day in NZ first Sunday in May.

How can I help a grieving Mum on Bereaved Mother's Day

Some Ideas found on the internet.

- ✓ Give comfort in an appropriate way
- ✓ Acknowledge her pain
- ✓ Cry with her
- ✓ Give a simple hug – it can speak more than words
- ✓ Listen to her as she talks of her child – Don't try to fix the pain – just listen and support
- ✓ Write a personal letter to a Bereaved Mother that you know - showing sincere empathy and appreciation for her
- ✓ Perhaps a white carnation if in season or some white flower
- ✓ **Always** say/ write /speak her child's name – nothing warms her heart more – that name is a beautiful reminder
- ✓ Cook a meal for her – the least thing on her list of to dos is cooking
- ✓ Bake or buy a favourite treat
- ✓ Invite her out for coffee, a walk or shopping
- ✓ Ask her how you can help her- she may not like to ask
- ✓ Pamper her in some way – soap, bath soak, hand cream etc
- ✓ Make a memory craft using her child's name – initialled beads etc
- ✓ Offer to do chores, gardening, shopping etc - to give her a bit of me-time
- ✓ Make a charitable gift in her child's name – keep her child's memory alive
- ✓ Memories & photos - share a memory or photo you may have of her child
- ✓ Plant a tree in memory or gift her a tree or plant. Paint a rock to go with it
- ✓ Memory box – give a decorated box for her to keep memories in
- ✓ Tell her about The Compassionate Friends Grief support – it will help her feel less alone
- ✓ Don't wait for Mothers Day - do at anytime
- ✓ Mention the day on Social Media

Some Quotes/ Captions

- Today on International Bereaved Mother's Day, please keep the mothers who are mourning the death of a child in your thoughts.
- Today is Bereaved Mother's Day. This is the day where we hold space for mothers who have endured the unfathomable loss of a child.
- To every mother who is mourning the death of a child, we hold you in our hearts this International Bereaved Mother's Day.
- The Sunday before Mother's Day is International Bereaved Mother's Day. Today to all those who carry a child in their heart; we see you and hear you and think of you today.
- A mother's grief is as timeless as her love. Today is "Bereaved Mother's Day" – a date to honour mothers who have lost a child, for there is no stronger person than a grieving mother that wakes up and keeps going every morning.

If you're struggling to find the right words, here's a list of suggestions you can say to the grieving mother:

- 1) "You and your child are always in my thoughts."
- 2) "I can't imagine how you're feeling, but I want you to know that I'm here for you."
- 3) "I wish I had the right words, but sometimes there are no words to describe how sorry I am."
- 4) "Grief is a journey, and I'll be with you every step of the way."

