# Quick Guide to Support Parents After the Loss of a Child

## For Friends and Family

### ☑ Be Present

- Sit quietly, hold a hand, give a hug.
- Sometimes, just being there is enough.

### ☑ Help with Daily Life

- Prepare meals, shop, care for other children, help around the house.

### ☑ Listen and Respect Emotions

- Let parents talk about their child, share memories, or express sadness and anger.
- Avoid giving quick solutions.

### ☑ Respect Time and Grief

- Every family grieves differently.
- Be patient, even after many months.

### ☑ Respect Beliefs and Traditions

- Participate in religious or spiritual rituals if the family wishes.
- Otherwise, a symbolic gesture (candle, memory) is also meaningful.

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## What to Avoid

❌ Minimizing the pain ("You can have another child").
❌ Comparing to other losses.
❌ Pressuring to feel better quickly ("Move on").
❌ Ignoring or avoiding the parents.
❌ Judging emotions (crying, anger, silence).

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Every family experiences grief according to their beliefs and traditions. The most important thing is to offer **respect, patience, and compassion**.