

# Holidays

Holidays are family times, and can be especially hard when the family is grieving the death of a loved one. It can make you feel very sad to try to do things just like you always have in past years when your family is now very different. Some people think it can help to change the holiday traditions a little, or to start new traditions that include the memories of your loved one. Some ideas from the kids at Fernside:

- Have a different kind of tree, maybe a real one instead of artificial.
- Bring branches from your tree or other decorations to place by the grave.
- Light a candle for the person and do this each day throughout the holiday season.
- Spend an evening looking through photo albums or slides of home movies together as a family. Remember the good times together.
- Plan to get together with another family who is grieving, or with friends with whom you feel comfortable.
- Celebrate on Christmas Eve rather than on Christmas Day.
- Hang the person's stocking and fill it with notes from everyone in the family that can be read out loud on Christmas night. Or fill the stocking with candy that is passed around and shared.
- Make special cards to send that are in memory of your loved one.
- Take a trip to a special place that you have never been to before.
- Make it easy on yourselves, go out to dinner rather than trying to cook a big meal.
- Attend a different church or temple for a service that is new.
- Be in control! Say what feels best for you.
- Take care of yourself, by allowing yourself some quiet time alone if you need it.
- Allow yourself to feel happy if you can.