

# How To Support Grieving Parents

The loss of a child to cancer is devastating beyond compare. Most friends and family feel uncertain about what to say or do. Here are just a few things to keep in mind.

Ask parents how to help acknowledge important days like birthdays and holidays. Show that you remember and honor their child's life.

Grief is an extension of love - it does not end.

Physical and cognitive symptoms are typical side effects of grief. Be as patient as you can if your loved one is more fatigued or less social than usual.

You cannot make a parent sad by "reminding" them of the loss. It is impossible to forget.

It is ok not to know what to say. Showing up - without giving up - is more important than you know.