

The Wish List



Grieving parents appreciate being remembered, especially during the holidays. If you are wondering what you can do for a family member or friend who is experiencing Christmas this year with their child, here are some suggestions to spark your creativity and generosity.



Suggested Christmas Gifts for Bereaved Parents

1. A tree or plant that can be planted in the family's yard in memory of the child (or a gift certificate to a nursery that can be used to purchase something in the spring)
2. Drop off a meal or a plate of homemade cookies
3. Send a donation in memory of their child to their local church or favorite charity
4. Home videos of their child (especially ones of activities that the family may not have)
5. A scrapbook with pictures of their child. Photos of their child with their friends will help them remember who their friends were. Be sure to label the photos with names of who's in each one.
6. Special Christmas ornaments (for example, if their child played the piano, see if you can find an ornament in the shape of a piano)
7. An inspirational book to cheer them up
8. A personal item you have that belonged to their child
9. Gift certificates to a cabin or lodge, a place just to get away from it all
10. An original poem or a written tribute about their child
11. A journal from friends and family with written memories about their child
12. A gift card to a local restaurant
13. Offer to address their Christmas cards or notes
14. Join them in holiday shopping or do the shopping for them
15. Ask if you can help decorate their home for Christmas
16. Go for a walk with them
17. Help them arrange family photographs in albums

18. Take them to see a movie
19. Give them a book of coupons they can cash in... things that you can do for them throughout the coming year. Check back with them throughout the year so they don't forget your offer
20. Help them shop for that "perfect gift" that they can give to others in memory of their loved one
21. Decorate a small tree with ornaments that have special memories of the loved one
22. Sit with them when you take them to coffee or lunch and let them share some of their holiday memories
23. Organize a candle-light memorial for close friends and family
24. Give them a journal and pen and encourage them to write down their feelings and thoughts from year to year during the holidays
25. If they are expecting guests during the holidays, offer to help them prepare for their visit
26. If there are surviving siblings in the family, offer to take them out for an afternoon for an activity or to an event their parents may not feel up to taking them to, or offer to come along to help
27. Create a calendar with photos of their family or their child for each month during the coming year
28. Pick out a special frame for them to display a favorite photo of their child.
29. If they are choosing to participate in family gatherings, encourage them to take along some of their child's favorite holiday food or snacks.
30. Help them decide what to do with their child's Christmas stocking. Invite others to write a note to put inside the stocking. Help them pick out small gifts like they would have put in their own child's stocking and give it to another child who is disadvantaged or at risk.