

## Grieving on Father's Day

Whether your dad has died recently or many years ago, Father's Day and the lead up to it may be challenging.

Meaningful days like Father's Day can intensify emotions and feelings if you are bereaved, and this is a natural response to grieving. Remember to be flexible and do what right feels for you - everyone will have their own way in which they remember their dad on Father's Day, and each person's experience of loss will be different and unique to them. Here are some thoughts which may help you to plan for Father's Day.



### Put yourself first

You may want to have a quiet day on your own or you may feel it is important to mark the day in a special way for you and your dad. Be gentle with yourself and know that it is okay to be sad.



### Remember with a card, gifts, or flowers

Mark the day with a Father's Day card, if that feels right for you.



### Have a simple act of memorial

This can be just lighting a candle, planting a flower in the garden, or having a memorial gathering. You might visit the final resting place of your dad. A lasting way to remember someone is to make a memory box where you put treasures that remind you of your dad.



### Seek support

Sometimes it can help to talk to someone outside of the family and friends who may also be grieving. If you know someone who will be mourning the loss of someone special on Father's Day, ask them if you can help them or if they would like to talk about the person they have lost.



### For those whose child has died

Father's Day can be a particularly painful time. The sadness and grief felt is part of remembering your child, but it is also important to look after yourself. While there is no right way to do this, reaching out to others around you can be a great support.



For more advice on how to cope with grief on Father's Day, please visit:

[www.prospect-hospice.net/fathersdayblog](http://www.prospect-hospice.net/fathersdayblog)