

Thank you for not expecting much from me this Christmas.

This time of year can be overwhelming, with the Christmas spirit hard to miss. It seems to appear out of nowhere, and appears everywhere you look.

Below is an example of a letter to family and friends. It may be something you send out before the Christmas Day to help them understand the gravity of how this time of year may affect you.

Dear

Thank you for not expecting much from me this Christmas.

It will be our first Christmas without our child, and I am doing all I can to cope while hearing about the 'spirit of the holiday' over the radio, TV and in the newspapers and stores.

We do not feel joyous and trying to pretend this Christmas is going to like any other, will be impossible because we are missing one.

Our family traditions will be too painful for us to continue this year. Please understand this and maybe some Christmas in the future we will have these traditions again.

Please allow me to talk about my child, if I feel a need. Don't be uncomfortable with my tears. My heart is breaking and the tears are a way of letting out my sadness.

I plan to do something special in memory of my child. Please recognise my need to do this in order to keep our memories alive. My fear is not that I'll forget, but that you will.

Please don't criticise me if I do something you don't think is normal. I'm a different person now and it may take a long time before this different person reaches an acceptance about my child's death.

As I survive grief, I will need your patience and support, especially during these holiday times and the 'special days' throughout the year.

Thank you for not expecting too much from me this holiday season.

Love