

- 1. Light a candle**
- 2. Plant a tree or flowers**
- 3. Do their favorite activity**
- 4. Play their favorite game**
- 5. Have a gathering or party**
- 6. Eat their favorite food**
- 7. Wear their favorite color**
- 8. Play music they liked**
- 9. Take a family picture with their framed photo**
- 10. Write them a letter**
- 11. Serve your community in their honor**
- 12. Visit their favorite place**
- 13. Visit their resting place**
- 14. Start a new tradition**
- 15. Take time to grieve**

GRIEF SUPPORT
RESOURCES:
**15 Ways to
Honor Your
Child's Birthday**

This day will be harder than other days. It is because you love them so deeply.