

A Bereaved Parents Wish List

I wish my child hadn't died. I wish I had him back.

I wish you wouldn't be afraid to speak my child's name. My child lived and is very important to me. I need to know that he was important to you also.

If I *cry* and get emotional when you talk about my child I wish you knew that it isn't because you have hurt me. My child's death is the cause of my tears. You have talked about my child, and allowed me to share my grief. I thank you for both.

I need diversions, so I want to hear about you; but I want you to hear from me. I might be sad and I might cry, but I wish you would let me talk about my child, my favourite topic of the day.

I know that you think and pray for me often. I also know that my child's death pains you too. I wish you would let me know these things through a phone call, a card or note, or a really big hug.

I wish you wouldn't expect me to be over my grief in six months. These first months are traumatic for me, but I wish you could understand that my grief may never be over. I don't wish to have a "pity party", but I do wish you would let me grieve. I may need to hurt before I heal.

I wish you knew that all of the grief reactions I'm having are normal. Depression, anger, hopelessness and overwhelming sadness are all to be expected. So please excuse me when I'm quiet and withdrawn or irritable and cranky.

Your advice "to take one day at a time" is an excellent idea. However, a day is too much for me right now. I wish you could understand that I'm doing well to handle an hour at a time.

Please excuse me if I seem rude. Sometimes the world around me goes so fast and I need to get off. When I walk away, I wish you would let me find a quiet place to spend time alone.

I wish you understood grief changes people. When my child died, a big part of me went with him and I am not the same person I was before my child died, and I will never be that person again.

I wish very much that you could understand – my grief, my silence, my tears, my void and my pain. BUT, I pray daily that you will never understand.

*Adapted from "A Bereaved Parents Wish List".
The Compassionate Friends Newsletter*