



ANGEL BIRTHDAYS FAMILY HEALING GUIDE

Five ways to celebrate and heal
after the loss of a loved one



HOW TO TALK TO YOUR KIDS ABOUT DEATH

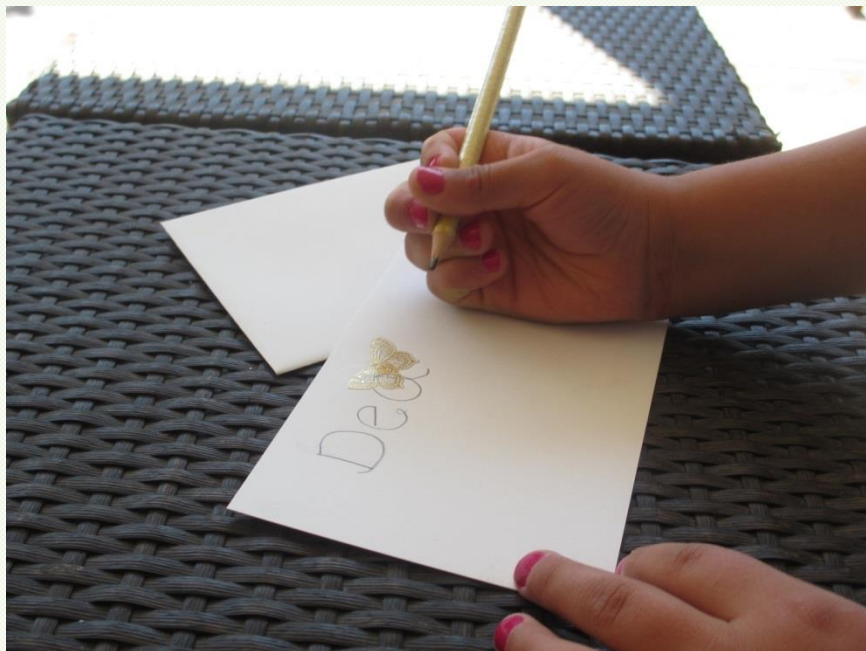
We all need to share our stories over and over again to heal from the loss of a loved one. Help your family heal by completing these three important steps.

1) Ask open-ended questions:

- How are you feeling?
- What are you most grateful for that your loved one brought into your life?
- What favorite activity would you like to do that would remind you of, or honor, your loved one?

2) Repeat their words back to them- This will let them know you are listening, that you care and most importantly that they are not alone.

3) Hug them. Hugging always helps!



LETTER WRITING/ PICTURE DRAWING

Have a letter writing or picture drawing session that encourages your child to write down the following about their loved one who just died:

- a. List what they learned from their loved one
- b. What they loved most about this person
- c. What they are most thankful for that this person brought into their life
- d. What they are going to do to honor their Angel

Leave their note at the gravesite or somewhere special that lets them feel their loved one has received it. This will help bring healing and closure to emotions they need to share.



DECORATE A PICTURE FRAME TO BE USED OR GIVEN AT THE FUNERAL

Whether or not your children attend the funeral, have them decorate a picture frame and place their favorite picture in it. You may choose to either set it out at the funeral or if you are not in charge of the memorabilia, gift it to the family for them to enjoy. It can be a wooden or foam frame from your nearest craft store (If you can, let your children pick it out) or even a paper frame you make at home. Your children will feel so important that they contributed to the event and will receive their own healing by contributing to the day.



CREATE YOUR OWN MEMORY BOOK

Fold 5- 10 pieces of paper in half and either staple or thread ribbon through to bind the memory book together. Have your children make their own keepsake book of their loved one by going through the calendar and writing down their favorite memory from each holiday. They can write their favorite story or draw a picture about what was so special about that event. This memory book will serve as a time capsule and will help your family remember your special family events.

Finally, you can take all of these items you just created and add them to your Angel Birthday party. Taken right from my book, *Angel Birthdays*, here is how you host your very own Angel Birthday party.

HOST YOUR VERY OWN

Angel Birthday Party



Print out our color-in Happy Angel Birthday poster for everyone to color together as a family (available at www.angelbirthdays.com).



Bake an Angel Birthday cake. Choose one of your loved ones' favorite recipes, bake and frost it together. Ask each person in the family to light a candle in honor of your special person.



Buy some Sharpies and eco-friendly, helium-filled, latex balloons. Write loving notes to your loved one, release your balloons, and watch together as your angel receives your message!



Decorate memory boxes with pens, paints, pictures, stickers, etc. Choose an item that holds a special memory of your loved one and place it in the box to share with your family and to create a wonderful keepsake.



Get printables, ideas, and more at www.angelbirthdays.com

Each one of these activities helps heal all of the hearts in your family through love, celebration and gratitude. It also lets our children feel in control of something during a time that often feels “out of their control.”

Thank you for celebrating your love and sharing your gratitude for all your Angel has brought into your life.

Happy Angel Birthday
to your brand new angel!

Love and Blessings to you!