

Grieving On Mother's Day



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

It helps to accept that when grieving, there are some occasions which may be very difficult and then work out how best to manage them. Here are some thoughts or ideas which may help you to plan for Mother's Day, but remember to be flexible and do what feels right for you at the time.

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 mum. Maybe you'd like to do a walk you used to do with your mum, visit somewhere special to the two of you, go through photo albums or go out with friends.



Remember with a card, gifts or flowers

Do mark the day with a Mother's Day card if that feels right for you. Write in it what you would like to say to your mum. You may want to put it up at home or take it to the cemetery or crematorium. You may wish to mark the day with flowers or gifts in memory of your mum.



Have a simple act of memorial

This can be just lighting a candle, planting a flower in the garden or having some form of memorial gathering. You might also visit the final resting place of your mum.



Seek support

Sometimes it can help to talk to someone apart from family and friends who may also be grieving. You can call Cruse Bereavement Care on the Freephone Helpline 0808 808 1677.



For those whose child has died, Mother's Day can be a particularly painful time

The sadness and grief you are feeling is part of remembering your child but try if you can to look after yourself. There is no right way to do this, just try and think about what works best for you. If you feel you need some extra support you can contact Cruse.

