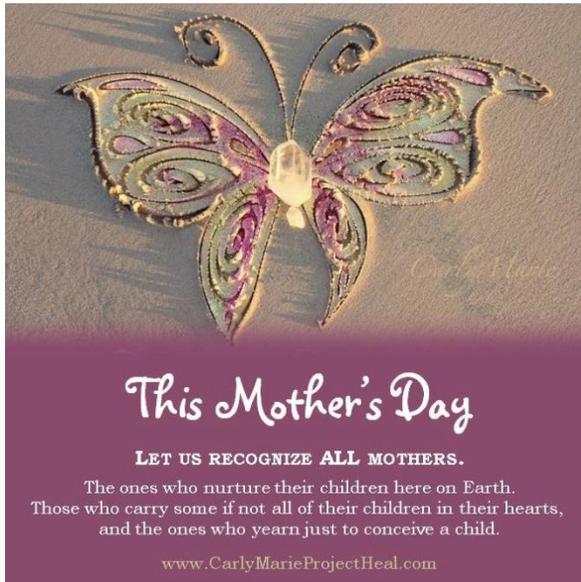


Mother's Day Madness  
Day 1 - A day of mixed up emotions!



Mother's Day was meant to be a day of honor and happiness. But for those who have lost a child, it's a day of mixed up emotions and sadness.

When given the opportunity to share about the day their child was born, I haven't met many women who hesitate to share every detail... their eyes sparkle as they reminisce about that day! But a day that once brought tears of joy now brings tears of sadness for those whose child has died.

As long as our child is with us, Mother's Day is a celebration of their birth just as much as their birthday is. But when they are no longer here to give us hugs, share a special Mother's Day meal, or remember us with cards, flowers, or a phone call), it's a huge conflict, isn't it, because their death was

an abrupt end to the purpose for our celebration.

For those whose only child has died, the sole purpose for their celebration has vanished. For those blessed with several children, often the absence of one overshadows the joyful presence of the others.

So, how do we deal with Mother's Day after our child has died? During the remaining days leading up to Mother's Day, we'll be sharing some insights for bereaved moms. Nobody is ever prepared for the chaos and total upheaval that the death of a child brings. We soon realize that this journey is difficult to travel alone. But the magic comes when we find someone who we feel safe with because they understand what we are going through and can help us figure out what grief is all about.

I'd like to leave you with one simple thought for today as we begin our week. "Your heartache is someone else's hope. If you can make it through, somebody else is going to make it, too." (Kim McManus) We can make it through together!

You're welcome to join this discussion on facebook with special thoughts to encourage our moms as we approach Mother's Day this week. Remember to like us and watch our number of friends grow!

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Chris Harder  
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