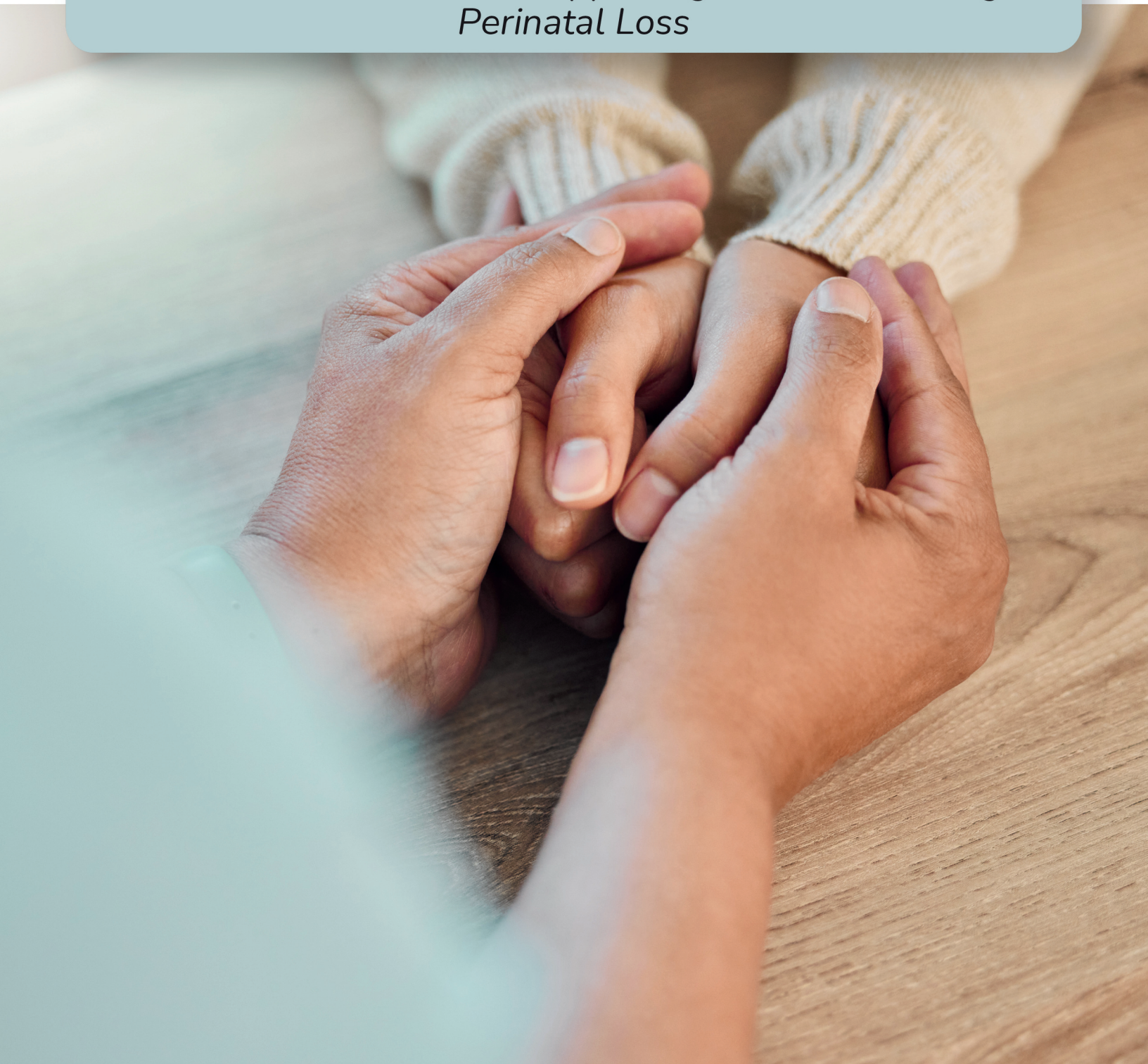
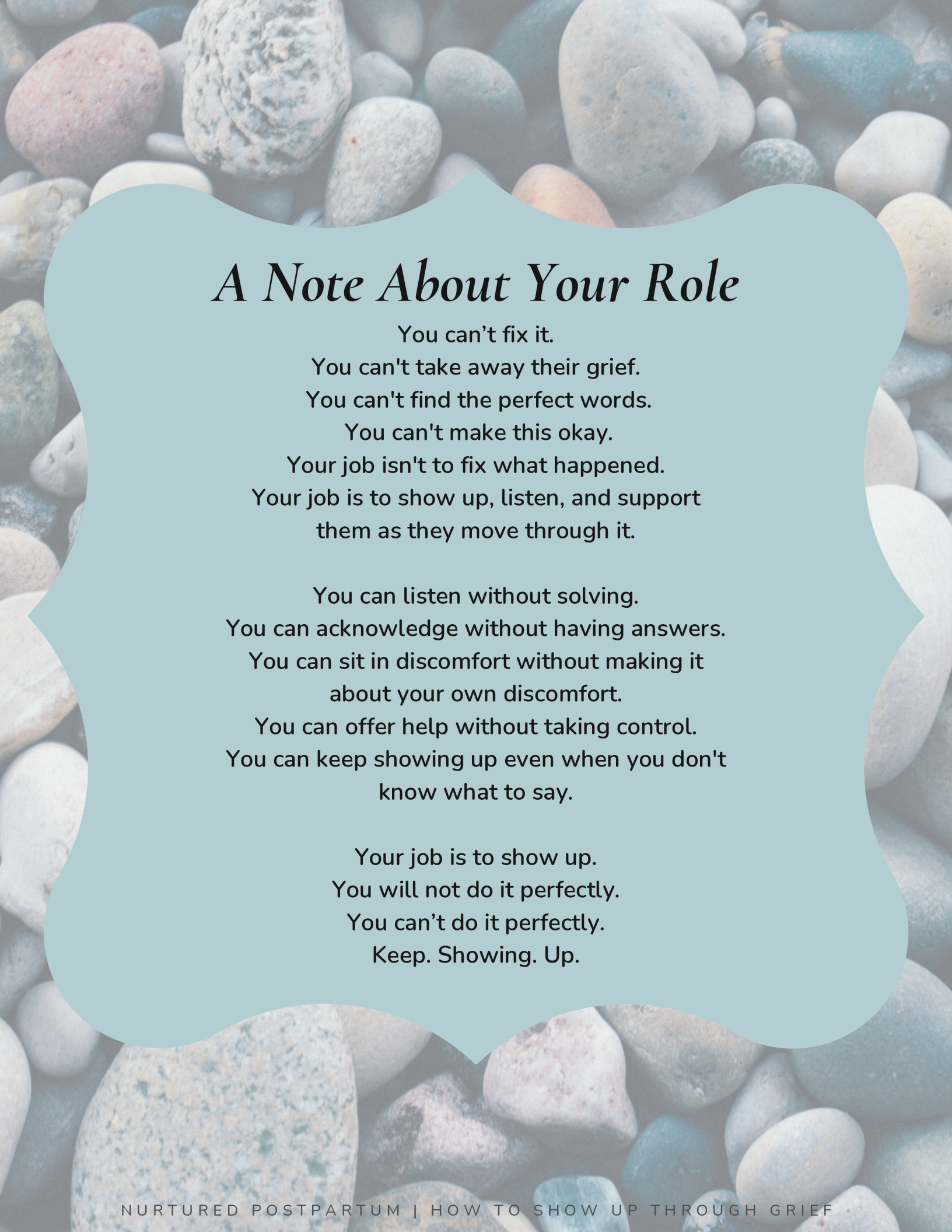


How to Show Up Through Grief

*A Workbook & Guide to Supporting Someone Through
Perinatal Loss*





A Note About Your Role

You can't fix it.

You can't take away their grief.

You can't find the perfect words.

You can't make this okay.

Your job isn't to fix what happened.

Your job is to show up, listen, and support
them as they move through it.

You can listen without solving.

You can acknowledge without having answers.

You can sit in discomfort without making it
about your own discomfort.

You can offer help without taking control.

You can keep showing up even when you don't
know what to say.

Your job is to show up.

You will not do it perfectly.

You can't do it perfectly.

Keep. Showing. Up.

UNDERSTANDING PERINATAL LOSS



Perinatal loss includes a *range of experiences*

Perinatal loss can happen in many different ways. It is not just stillbirth or miscarriage. But no matter how it happens, **there is no hierarchy of loss.**

The circumstances surrounding a loss may be very different, but they don't determine how someone experiences it. And each person's experience is their own.

You may not fully understand their experience. **You don't have to.**

Your role is not to decide how someone should feel about their loss. Your role is to listen, respect their experience, and allow them to tell you what they need.

Loss may include:

- Miscarriage
- Ectopic pregnancy
- Molar pregnancy
- Abortion
- Termination for medical reasons (TFMR)
- Stillbirth
- Neonatal loss
- Loss of one or more babies in a multiple pregnancy
- Embryo or fetal reduction
- Other losses connected to pregnancy, birth, or the postpartum period

Loss Can Be Complicated.

Perinatal loss doesn't come with directions on how to grieve, nor does it come with clear emotions.

Someone may feel sadness, anger, guilt, relief, fear, numbness, love, loneliness, jealousy, confusion, or several of these at once. Their feelings may change from week to week, day to day, even hour to hour.

They may want to talk about their baby one day and not want to talk about them the next. They may laugh, go to work, make plans, or enjoy time with their family while still carrying profound grief. You may not ever see their grief. That does not mean it is not there. The grief doesn't go away just because life continues.

Grief can show up in many different ways, and none of them are wrong.

A moment to consider....

Before moving on, think about what you already believe about pregnancy and infant loss. Feel free to write in the space provided.

- What did you learn about loss growing up?
- What makes you uncomfortable about grief or talking about death?
- When someone is hurting, is your instinct to listen or to try to make things better?
- What might make it difficult for you to simply sit with someone's pain?

PREPARING TO SUPPORT SOMEONE

Before You Can Show Up

You may not know exactly what someone will need after a loss. That's okay. I'm willing to bet that they don't know either.

Supporting someone through perinatal loss can be uncomfortable. You may feel unsure of what to say or worried about making things worse. You may hurt for them (or with them), or your own past experiences with grief may come up.

Preparation isn't about knowing exactly what to do. You don't have to know what to do. You just need to be willing to think about how you want to show up.

THINK ABOUT YOUR ROLE

Every relationship is different, and so is the support you can offer in each relationship.

- Who am I to this person?
- What kind of support am I realistically able to offer?
- What might they feel comfortable receiving from me?
- What might be outside my role or abilities?

THINK AHEAD

If someone you love experiences a perinatal loss, there may be practical things they need help with while they are grieving.

Consider what you might be able to offer:

- Meals or groceries
- Childcare
- Pet care
- Household chores
- Errands
- Transportation
- Accompanying them to appointments
- Sitting with them
- Checking in regularly
- Helping communicate with others
- Other: _____

CONSIDER: Is there something I could offer without waiting for them to ask?

KNOW YOUR OWN TRIGGERS

Supporting someone through loss can bring up your own feelings and experiences. You might feel sadness, fear, helplessness, or anger. You might be worried about saying the wrong thing. You might also have your own experiences with pregnancy, birth, parenting, or loss that affect how you respond.

CONSIDER:

- What might be difficult for me about supporting someone through a loss?
- Who could I turn to for my own support if I need it?

Remember: your loved one shouldn't have to take care of your emotions while they are grieving. If you need support, find somewhere appropriate to process those feelings. Do not dump your emotions on your grieving loved one.

PREPARE TO KEEP SHOWING UP

The initial days and weeks may bring a lot of support. But grief doesn't follow a schedule or a timeline, even if society seems to think otherwise.

Think about how you can keep showing up after the first wave of support has passed.

- How will I remember to check in?
- Are there important dates I should remember?
- How can I let them know I'm still here without expecting a response?

MY INTENTION

When someone I love experiences a perinatal loss, I want them to know:

One thing I want to remember about supporting my loved is:

CHECKING IN

Don't wait for them to reach out. A simple "thinking about you" text can do more than you realize, and doesn't require them to respond. Continue checking in and making space for them in the weeks, months, and years that follow.

ACKNOWLEDGE THE LOSS

Don't avoid talking about what happened because you're afraid of reminding them. I promise you, they're already thinking about it. Let them know you're willing to listen and hold space for their experience.

PRACTICAL HELP

The basics matter when you're grieving. Bringing food, dropping off groceries, helping with household tasks, or caring for other children can provide very meaningful support when the grief is overwhelming. Be specific about what you can do to help.

Showing Up for Someone You Love

You can't take away someone's grief, but you can help them carry it so they don't feel so alone. These are some ways to show up for someone you love through perinatal loss.

GET COMFORTABLE WITH DISCOMFORT

You may not know what to say. You may say the wrong thing. You may feel helpless, awkward, or afraid of making things worse. You don't have to fix anything or make the pain go away. You can't. Learn to sit with that discomfort instead of rushing to try to fix it.

FOLLOW THEIR LEAD

There is no one right way to grieve. Listen to what they need, let them decide on what and how much they want to share, and resist the urge to offer solutions or advice unless they ask for it.

REMEMBER

Their baby matters. No matter how early or late the loss is, no matter what the circumstances around it were. Remember their baby's name, important dates, or other meaningful moments. And don't assume that these don't matter the more time passes.

TAKE CARE OF YOURSELF, TOO

Supporting someone through a loss can be hard on you, too. Take care of your physical needs, make space for your feelings, and seek outside support when you need it. It's okay to grieve together. Just remember not to rely on the person you're supporting to carry your grief, too.

Checking In

Don't wait for them to reach out, and don't expect a response when you reach out. Grief can take up so much energy that responding to a text can be too much. Sometimes, the person grieving even finds themselves comforting those reaching out to them (which is obviously not the point).

- Send a simple "thinking of you" text with no pressure to respond.
 - *Scheduling texts can make this easier!*
- Try not to ask "How are you?" every time you check in. It puts an expectation on them to update you, and that's not the goal here.
- Let them know you're available without asking them to figure out what they need.
- Offer something specific instead of saying, "Let me know if you need anything." They probably have no idea what they need.
- Remember, no response does not mean they don't appreciate your support. Do not take it personally!
- Keep checking in. Grief doesn't just go away after a few days. It can linger and return in the years to come.

What Can I Say?

SIMPLE:

- "Thinking of you today. No need to respond."
- "I don't have the right words, but I want you to know I'm thinking of you."
- "I know there aren't perfect words for this. I just want you to know I'm here."
- "Thinking of you and [baby's name] today."

OFFERING SUPPORT:

- "Thinking of you. I'm heading to the grocery store later. Is there anything I can pick up for you?"
- "I'm making dinner tonight and would love to bring you some. Would that be okay?"
- "I'm taking my dog out for a walk. I can take yours with me, if you'd like. You're welcome to join, or I can just take the dogs alone."
- "I'm free this afternoon if you'd like company. No pressure at all."

REMEMBERING:

- "Thinking of you today. I know it's been a while, but I haven't forgotten."
- "I know today might be a hard day. I'm thinking of you and [baby's name]."
- "I remembered your due date was coming up. Sending you love today."
- "I know this time of year can bring a lot of feelings. I'm thinking of you."
- "I know anniversaries can bring a lot up. I'm here if you want to sit with someone and talk about it (or just sit together)."

You don't have to say much. A simple message can be enough.

Acknowledge the Loss

One of the most common ways that people unintentionally hurt someone who is grieving is by avoiding the loss altogether, especially when it comes to perinatal loss. For many, it seems to be taboo to talk about pregnancy loss. And that's ridiculous. Most sources suggest that 15-25% of pregnancies will end in loss. It should not be taboo.

Yet, many do not understand the grief that can come with perinatal loss, no matter when it occurs. Others are afraid of reminding people of their pain, saying the wrong thing, or making them cry. But acknowledging loss does not create the grief. It's already there. Acknowledging loss can show a grieving person that their experience matters, and that they don't need to hide their pain.

You don't need to have the perfect words. Something as simple as "I'm so sorry" or "I'm here" can be enough. It's okay if it is hard. They may cry. You may cry. That's not necessarily a bad thing. You haven't made them sad; you've made room for something that is already painful.

How Do I Actually Do This?

DON'T PRETEND IT DIDN'T HAPPEN.

- If you know someone has experienced a loss, it's okay to acknowledge it.
 - *Unless you have learned this from a third party and it isn't public knowledge yet.*
- You don't have to wait for them to bring it up. They're probably already thinking about it.
- You can acknowledge the loss without asking them to talk about it.

USE THEIR LANGUAGE.

- If they use their baby's name, use it too. If they don't use a name, ask them if there is one they'd like you to use.
- Ask how they would like you to refer to the pregnancy, baby, loss, or experience.
- Be particularly mindful that people may use very different language around abortion, TFMR, miscarriage, stillbirth, and other perinatal loss.

DON'T TRY TO MAKE IT BETTER.

- Nothing you say can make it better. Don't try, no matter what you personally believe. Common sayings meant to provide comfort can leave someone feeling misunderstood, dismissed, or as though they are wrong for grieving.
- Avoid:
 - "At least..."
 - "You can try again."
 - "Everything happens for a reason."
 - "It wasn't meant to be."
 - Comparing their loss to someone else's

You don't have to understand something in order to acknowledge it.

Practical Help

Grief is exhausting. Things that normally feel simple (making dinner, doing laundry, getting groceries, answering messages, getting children ready for school) can suddenly require more energy than someone has. Or someone may find comfort in doing some of these everyday routines. Don't assume that you know what things someone will want help with. Offer what you can do, and let them choose.

Practical support doesn't make grief disappear, but it can make the rest of life a little easier to carry.

How Can I Help Best?

THINK ABOUT THE BASICS.

- Food and groceries
- Meals and snacks
- Water and other drinks
- Household chores
- Laundry
- Childcare or pet care
- Errands
- Transportation
- Appointments

BE SPECIFIC.

- “Let me know if you need anything” sounds kind, but it puts the work of figuring out what they need back onto them. Be specific about what you are able and willing to help with.
- Try this instead:
 - “I'm going to the grocery store. What can I pick up?”
 - “I'm making dinner. Can I bring you some?”
 - “I'm coming over Saturday to mow the lawn.”
 - “Can I take the kids to the park for an hour?”

DON'T MAKE PRACTICAL HELP CONDITIONAL ON CONVERSATION.

- You don't have to sit down and talk while you're dropping off dinner. Sometimes someone just needs dinner. Offer to drop off at the door and text that that it's there.

CONSIDER WHAT MIGHT BE NEEDED BEYOND THE FIRST FEW DAYS.

- The practical needs may continue after everyone else has stopped checking in. Grief doesn't have a timeline.

Remember, sometimes the most helpful thing is taking something small off their plate so they don't have to worry about it, too.

Get Comfortable With Discomfort

When someone we love is hurting, our instinct is often to do something or say something to stop the pain. We may offer advice, look for positives, change the subject, tell them everything will be okay, or avoid them altogether because we don't know what to say. But we can't fix grief. Nothing that we say or do will take away their grief, and that can be uncomfortable.

Instead of trying to remove your discomfort, lean into it and get comfortable with it. Don't let your discomfort prevent you from being there for someone you love. You can be present without being able to make the situation better.

Okay, But What Do I Do?

YOU MAY FEEL HELPLESS.

- That's normal. You don't need to do something just because you feel it.

YOU MAY NOT KNOW WHAT TO SAY.

- That's okay. You don't have to know the exact right words. You might try:
 - "I don't know what to say."
 - "I'm so sorry."
 - "I'm here."
 - "This is really hard."

YOU DON'T NEED TO FILL THE SILENCE.

- Sitting quietly together can be more supportive than you realize.

YOU DON'T NEED TO STOP THEIR TEARS.

- If someone cries, you don't need to reassure them or change the subject. It's okay if they cry. Quietly hold that space for them, and show them their grief is safe with you.

DON'T RUSH TOWARD POSITIVITY.

- Grief doesn't need a silver lining. There may eventually be hope, joy, or meaning alongside the grief, but it's not your job to force those things.

YOUR DISCOMFORT ISN'T THEIRS TO MANAGE.

- If you're uncomfortable with their grief, don't make them responsible for making you feel better. It's okay to be uncomfortable. Avoid saying things that make them feel like they need to reassure you, minimize their grief, or take care of your emotions. Remember, it's your job to comfort them, not the other way around.
- You may cry, feel sad, or have your own grief come up. You don't have to hide your emotions, but be mindful of whose needs are taking up space in the moment.
- If you need to talk about your own grief, reach out to someone outside of the grieving family. A friend, support person, counsellor, or support group can help.

You don't have to know what to say to hold space for someone's grief.

Follow Their Lead

There is no single way to grieve, and no single kind of support that works for everyone. What feels comforting to one person might feel intrusive to another. Someone might want to talk about their baby constantly, while someone else might not. Following their lead means that you don't try to define their experience for them. They may show you the full extent of their grief, and they may not.

Your job isn't to decide what grief should look like for them; it's to support them in their own experience.

What Does it Mean to Follow Their Lead?

LET THEM DECIDE WHAT THEY WANT TO SHARE.

- Don't assume how they feel. Even if you've experienced a similar loss, their experience may be completely different.
- They may want to talk about everything that happened, and they may not. Don't push. You do not have to know every detail to support them. Frankly, it's none of your business unless they decide to share it.
- If they do share details, listen without judging, questioning, or trying to make sense of it.
- Sharing something with you once doesn't necessarily mean they want to discuss it again.
- Unless they tell you otherwise, keep what they share private. Don't share their story, details of the loss, or personal information with others.

ASK HOW YOU CAN HELP, BUT DON'T MAKE THEM DO ALL THE WORK.

- It's okay to ask someone what they need, but remember that they may not know. They may also worry about asking for more than you can give. Offer specific things you can do:
 - Picking up and dropping off groceries.
 - Walking their dog.
 - Taking other kids to the park.
 - Helping with housework.
 - Bringing a meal.
 - Offering a ride to an appointment.

RESPECT CHANGING NEEDS.

- Someone might want company one day and solitude the next. They might want to talk in the morning and not at night. Remember that it is not about you.

RESPECT THEIR CHOICES.

- This is particularly important with abortion, TFMR, memorials, rituals, naming, keepsakes, sharing publicly, returning to work, trying again, etc. You may not understand or agree with what someone chooses to do. You don't have to. You do have to respect their choices.

Grief looks different for everyone, and there is no one right way through it.

Remember

One of the hardest parts of grief can be feeling like everyone else has moved on. The first few days may bring cards, meals, messages, and support. Months later, everyone else may return to their normal lives while the person who experienced the loss is still carrying it. It can be painful to watch the world around you keep turning while your own world has stopped completely.

Remembering tells them: I haven't forgotten. Your baby hasn't been forgotten. What happened still matters.

What Kind of Things Are Important to Remember?

REMEMBER IMPORTANT DATES.

- Depending on the person and the loss, this might include:
 - Date of the loss
 - Due date
 - Baby's birthday
 - Anniversary
 - Pregnancy milestones
 - Holidays
 - Mother's/Father's/Parent's Day

USE THEIR BABY'S NAME IF THEY HAVE ONE.

- Not everyone who goes through a pregnancy loss names their baby. But many do. If they have a name for their baby, use it. This is especially important after stillbirth and infant loss.

REACH OUT ON ORDINARY DAYS, TOO.

- Ordinary days can be just as hard as important dates.
- If something reminds you of their baby, reach out and tell them.

DON'T ASSUME MENTIONING THE BABY WILL MAKE THEM SAD.

- They are probably already thinking about their baby. I promise you aren't "reminding them" of their pain. Hearing someone else remember can actually be comforting.
- But also, follow their lead. If they prefer that you don't mention their baby in certain situations, honour that too.

KEEP REMEMBERING OVER TIME.

- A year later, five years later. That baby is a part of their story, forever. Even 50 years later, my grandmother spoke of the pain she still carried from the loss of her days-old youngest daughter.

You don't have to be afraid of reminding someone. They haven't forgotten.

Take Care of Yourself, Too

Look. I know this might feel obvious because, of course, we need to take care of ourselves too. But it's so easy to ignore our own needs when we are caring for someone else.

Supporting someone through loss can be hard on you, too. You may be grieving yourself, particularly if you experienced the loss together. You may also be carrying worry, helplessness, sadness, or anger. Or you might be dealing with emotions that are coming up from your own loss or experiences. It can be heavy on the heart to see someone we love hurting, especially when we can't take away the reason for the pain.

It isn't selfish to take care of yourself. On the contrary, taking care of yourself helps you take better care of your loved one. If you want to be supportive and actually helpful, you have to put on your own oxygen mask so you don't crash and burn.

Okay, Captain Obvious. How Do I Take Care of Myself?

TAKE CARE OF YOUR PHYSICAL NEEDS.

- I know this is obvious. I'm gonna say it anyway.
 - Eat.
 - Get some sleep when you can.
 - Get outside.
 - Move your body.
 - Take breaks when you need them.

MAKE ROOM FOR YOUR OWN FEELINGS.

- You don't need to pretend you're unaffected. It's okay to feel your emotions.

IT'S OKAY TO GRIEVE TOGETHER.

- Cry together, talk about what happened, remember the baby, and acknowledge that you're hurting too. Just remember it isn't their job to comfort you.

MAKE SURE YOU HAVE OTHER PLACES FOR YOUR GRIEF.

- Friends, family, support groups, counsellors, or other trusted people can give you space to process what you're carrying. Don't put that responsibility on your grieving loved one.

BE MINDFUL OF WHOSE NEEDS ARE TAKING UP SPACE IN THE MOMENT.

- Grieving together is okay, but your loved one needs to be able to fall apart without feeling responsible for taking care of you.

DON'T MAKE YOURSELF DISAPPEAR EITHER.

- You don't have to become emotionally distant or pretend everything is fine.
- You will have a life outside of the grief, and it's okay to recognize that. In fact, your loved one may appreciate hearing about what things you have going on. Just be mindful of what and how much you share.

You can't be there for someone if you are not there for yourself, too.

Quick Tips for Supporting Someone After an Abortion or Miscarriage

- Hold their hand. Sometimes quiet physical presence says enough.
- Listen and follow their lead. Let them decide what they want to share, talk about, or do.
- Keep your opinions to yourself. Especially when it comes to their decisions, their loss, or how they should grieve.
- Hold space. Listen without trying to solve anything, and validate what they're feeling.
- Offer practical help. Bring food, pick up groceries, walk the dog, help with other children, or take something off their plate.
- Help them be comfortable. Offer a heating pad, ice pack, blanket, food, drinks, or whatever else they might need.
- Offer to help create a ritual. This could be a memorial, planting a flower or tree, creating something meaningful, or giving back to the community.
- Give them permission to do nothing. Not everyone wants to talk, be distracted, create a ritual, or receive advice. Sometimes they just want you there.
- Offer resources, not pressure. If they're interested, help them find support groups, counsellors, medical resources, or other sources of support.
- Offer your number. Let them know they can reach out if they need someone to talk to or need help.
- Check in. Don't wait for them to reach out first, and don't expect a response.
- Answer questions when you can. If you don't know the answer, help them find someone who does.
- Keep showing up after the first few days and weeks. Their grief doesn't have an expiry date.

Things That May Help

You don't need to put together a perfect care package. Sometimes a few simple things can make someone's day a little easier. What feels helpful will depend on the person, their circumstances, and where they are in their experience.

- Comfortable clothes and warm blankets
- Heating pad or rice sock
- Ice packs
- TENS machine and extra electrode pads
- Massage balls or other things that may help with physical discomfort
- Overnight pads, if they are experiencing bleeding
- Chux pads or other disposable absorbent pads, if needed
- Easy, comforting foods and snacks
- Hydrating drinks
- Tea or other comforting drinks
- Foods rich in iron and vitamin C, particularly after significant blood loss
- Over-the-counter pain medication, if appropriate for them
- Ginger ale or other things that may help with nausea
- Baby wipes or other wipes
- Movies, music, books, or other comforting distractions
- Anything that helps them feel physically comfortable or cared for
- Information about resources and support they can access afterward

IF THEY ARE EXPERIENCING AN ACTIVE MISCARRIAGE

If someone is going through a miscarriage at home, there are some additional practical things you can offer. Ask what they want and follow their lead.

- Extra overnight pads and absorbent pads to protect furniture
- A way to collect or preserve pregnancy tissue, if they want to and depending on their circumstances
- A small container and appropriate supplies for anyone who wishes to collect pregnancy tissue for examination, burial, cremation, or other personal reasons
- A colander or other method for collecting tissue if they have been advised to do so

Resources for Support

MISCARRIAGE/PREGNANCY LOSS/STILLBIRTH SUPPORT

- Butterfly Run Support Group (virtual)
 - <https://www.butterflyrun.ca/support-group>
- Ending a Wanted Pregnancy Support Group
 - <https://endingawantedpregnancy.com/private-support-group/>
- Baby's Breath (FKA: SIDS Canada): 1-800-363-SIDS (7437)
 - <https://www.babysbreathcanada.ca/>
- BC Bereavement Helpline:
 - <https://bcbh.ca/>
- Pregnancy & Infant Loss Remembrance Day
 - www.october15.ca/
- <https://raisingchildren.net.au/pregnancy/miscarriage-stillbirth/miscarriage/miscarriage-for-men>
- <http://www.starfishfamilyresources.org/death-loss/>
- <http://stillbirthday.com>
- <http://tcfcanda.net/>

LACTATION AFTER LOSS

- <https://kellymom.com/bf/concerns/mother/lactation-after-loss/>

POST ABORTION SUPPORT

- Postpartum International
 - <https://www.postpartum.net/group/post-abortion-support/>
- Online Care
 - <https://www.onlinecare.ca/>
- Action Canada Helpline
 - <https://www.actioncanadashr.org/call-access-line-1-888-642-2725>
- Post Abortion Care Support (Christian)
 - <https://pacscanada.org/>

Books, Blogs & Events

MISCARRIAGE/PREGNANCY LOSS/STILLBIRTH

- <https://bcapop.ca/resources/Documents/Caring....pdf>
- <https://www.mamanatural.com/getting-pregnant-after-miscarriage/>
- <https://nurturedpostpartum.ca/mamas-who-have-lost-a-baby-stillbirth-miscarriage/>
- *Empty Cradle, Broken Heart: Surviving the Death of Your Baby* by Deborah L Davis
- *Celebrating Pregnancy Again: Restoring the lost joys of pregnancy after the loss of a child* by Francheska Cox
- *When Hello Means Goodbye* by Pat Schwiebert
- *The Prenatal Bombshell* by Stephanie Azri
- *From Three Heartbeats to One: A Gentle Companion Offering Hope in Grieving Pregnancy and Infant Loss* by Keisha M Wells

ABORTION

- <https://www.diydoula.org/s/DIYDoulaZine.pdf>
- *Abortion: How To Feel Better Afterwards – A Neutral Guide to Recovery (How To Feel Better After An Abortion Book 2)* by Jilly Smith
- *The Healing Choice: Your Guide to Emotional Recovery After an Abortion* by Dana Dovitch Ph.D

EVENTS/PROGRAMS TO HONOUR PREGNANCY AND INFANT LOSS

- October 15 is the International Pregnancy & Infant Loss Remembrance Day. Special events are organized across Canada to raise awareness for pregnancy and infant loss.
- Wave of Light - Across the world, candles will light up one time zone after another, and create a wave of light to honour Pregnancy & Infant Loss Remembrance Day.
 - www.october15.ca/



Need More Support?

If you or someone you love is experiencing perinatal loss, you don't have to navigate it alone.

I offer loss support to individuals and families experiencing miscarriage, stillbirth, TFMR, abortion, and other perinatal losses. Support can look different for everyone, and you don't need to know exactly what you need before reaching out.

Most loss support is offered on a *Pay What You Wish* or *no-cost* basis, because I believe families should be able to access support without cost being a barrier.

If you have questions about this resource, want to learn more about loss support, or simply aren't sure where to start, I'm here.

Sarah Wallace

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Keep Showing Up

You will not always know what to say.

You will not always know what they need.

You will get it wrong at least once.

That's okay.

Keep listening.

Keep remembering.

Keep checking in.

Keep offering support.

Keep making space for their grief.

You don't have to have the right words.

You don't have to understand exactly what
they're feeling.

You don't have to make their grief go away.

You just have to keep showing up.