

Dear [Parent's Name],

I hope this letter finds you in moments of peace amidst your grief. I want to take a moment to express my heartfelt condolences for your loss. Losing a child is an unimaginable pain, and it is completely understandable to feel overwhelmed during this time.

Please know that it is okay to grieve, to cry, and to miss your beloved [Child's Name]. Remember that you are not alone; there are people around you who care deeply and want to support you through this journey.

As you navigate this difficult time, I encourage you to take each day as it comes. Lean on your friends and family for support, and allow yourself the grace and patience to heal. Your feelings are valid, and it's important to honor them.

Whenever you feel ready, I would love to spend time with you or listen whenever you need to talk about [Child's Name]. Holding onto their memory and celebrating their life can be a beautiful way to find comfort.

Take care of yourself, and remember that you are surrounded by love and support. You are in my thoughts and prayers.

With deepest sympathy,
[Your Name]