

**Dear [Parent's Name],**

I want to extend my deepest condolences to you during this incredibly difficult time. Losing a child is an unimaginable sorrow, and I can't begin to understand the pain you are feeling.

Please know that you are not alone. It's okay to lean on friends and family for support, and it's important to allow yourself to grieve in your own way. Your feelings are valid, and it's perfectly normal to experience a wide range of emotions.

As you navigate this journey of grief, remember the beautiful memories shared with your child. Cherish those moments, and let them bring you comfort and strength.

If you ever feel like talking or need someone to sit with you in silence, I am here for you. Take all the time you need, and be kind to yourself.

With heartfelt sympathy,

[Your Name]