

Dear [Parent's Name],

I was heartbroken to hear about your loss. There are no words that can truly ease the pain you are feeling right now, but please know that you are not alone in this journey of grief.

Your [son/daughter's name] brought so much joy to everyone around them, and their spirit will always be remembered. It's okay to feel sadness and to take the time to grieve. Allow yourself to feel whatever emotions come your way.

During this difficult time, lean on your loved ones for support. We are all here to provide love and understanding whenever you need it. Please don't hesitate to reach out, whether you want to talk or simply need someone to sit with you in silence.

Take care of yourself, and remember that it's okay to ask for help. You are in my thoughts and prayers.

With deepest sympathy,

[Your Name]