

When No Words Seem Appropriate

~I won't say, "I know how you feel"- because I don't. I've lost parents, grandparents, aunts, uncles, friends, and pets, but I've never lost a child. So how can I say I know how you feel?

~I won't say, "You'll get over it"- because you won't. Life will have to go on. The washing, cooking, cleaning, the common routine. The chores will take your mind off your child, but the hurt will still be there.

~I won't say, "Your other children will comfort you"- because they may not. Many mothers I've talked to say that after they have lost a child, they easily lose their temper with their remaining children.

~I won't say, "Never mind, you're young enough to have another baby"- because that won't help. A new baby can not replace the child you lost. A new baby fills your hours, keeps you busy, gives you sleepless nights. But it will not replace the one you lost.

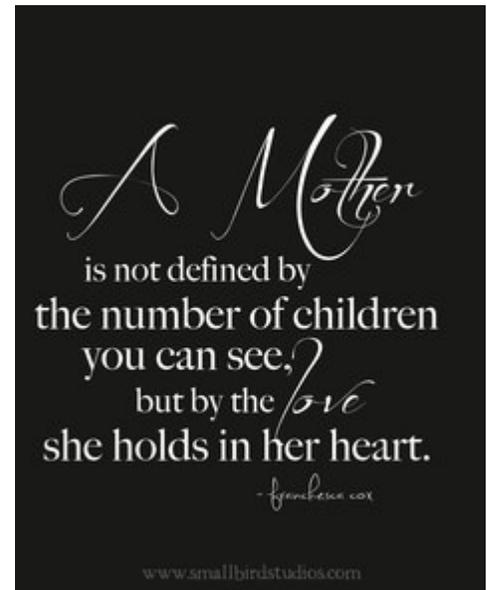
So what will I say?

~I will say, "I am here. I care. Anytime. Anywhere." I will talk about your child. We'll laugh about the good memories. I won't mind how long you grieve. I won't tell you to pull yourself together.

~No, I don't know how you feel- but with sharing, perhaps I will learn a little of what you are going through.

~And perhaps you'll feel comfortable with me and find your burden has eased. Try me.

Written by a pediatric nurse, as submitted to Ann Landers



If you have a poem or story
you would like to share
about your precious angel,
please email it to
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