

## **Blog:**

### **Explaining Christmas Traditions to Kids After a Loss**

The holidays can be joyful, but when a loved one has died, Christmas feels different, especially for children. Kids notice when traditions change, when someone is missing, and when the adults around them are grieving. As parents, grandparents, or caregivers, it can feel overwhelming to explain.

At Maxcare Hospice, we want to offer some gentle guidance for helping children understand Christmas traditions after a loss.

#### **Be Honest, in Simple Words**

Children often sense more than we realize. When someone they love has died, be clear and age-appropriate:

- “Grandpa isn’t here this Christmas because he died. We can’t see him anymore, but we will always love him and remember him.”
- Avoid confusing phrases like “went to sleep” or “gone away,” which can create fear or misunderstanding.

#### **Keep Traditions, Adjust if Needed**

Kids find comfort in rituals they recognize. If baking cookies, decorating the tree, or going to Christmas Eve Mass was always part of the holiday, try to continue, even if it feels bittersweet. At the same time, give yourself permission to adapt:

- Light a candle in memory of your loved one.
- Hang a special ornament with their photo.
- Share a story about them during Christmas dinner.

#### **Invite Kids to Participate in Remembrance**

Children often want to help honor the person they miss. Simple activities can give them a sense of connection:

- Draw or make a handmade ornament for the tree.
- Write a letter to their loved one and place it by nativity or on a memory table.
- Help prepare their loved one's favorite dish for Christmas dinner.

### **Give Permission for Mixed Emotions**

Christmas after a loss can bring both sadness and joy. Let children know it's okay to cry, laugh, or feel both at once. Model this by sharing your own feelings:

- "I feel sad because Grandma isn't here, but I also feel happy remembering how she loved singing carols with us."

This helps children see that grief is a natural part of love.

### **Create New Memories Alongside Old Ones**

As families grow and change, so do traditions. If a particular custom feels too painful, replace it with something new:

- A family walk to see Christmas lights.
- Reading a favorite holiday story together.
- Hosting a "memory stocking," where everyone slips in notes about their loved one.

These fresh traditions can coexist with the old, giving children a sense of continuity and hope.

### **Final Thoughts**

Explaining Christmas traditions to children after a loss isn't easy. But by being honest, inviting them into remembrance, and allowing space for both tears and laughter, you can help them feel secure and connected.

The heart of Christmas is love and love never disappears. Even in grief, your family can create moments of peace, remembrance, and joy.