

WHAT TO SAY TO A FAMILY MEMBER OR A LOVED ONE



It's difficult to find the right words for parents of a child with a life-limiting illness. Usually, the simplest gestures and thoughts are the most powerful. And don't make the mistake of saying nothing, which can make parents feel even more alone. Instead, offer empathetic and sincere support.

Start with these messages:

- **I care**
- **I'm here for you**
- **I'm thinking about you**
- **I love you**
- **You are so important to me**
- **I want to help**



It is tempting to fall back on clichés, but they are unintentionally hurtful because they diminish the parents' feelings. Avoid things like:

- Be strong
- At least.... (you have other children/grandchildren, a spouse that loves you, a good job, ...)
- Try not to think about it
- You will become stronger because of this
- Don't cry
- He/she doesn't want you to be sad
- God only gives you what you can handle
- This is a blessing
- This is God's will
- I understand what you are going through
- Comparing experiences