Remembering Mommy

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Sometimes Sithembile and Themba feel sad. Their mommy has died. They miss her gentle voice. They miss her hugs and kisses.
But they are not alone.
Mommy used to make the breakfast.
But now Daddy does.
He hugs and kisses them and says "Goodbye".
Gogo takes them to crèche. They feel happy when Gogo laughs. She sounds just like Mommy.
They are not alone.
Teacher Ntombi sees Themba is looking sad.
She puts her arm around him and sings a gentle song. “My mommy used to sing that song”, says Themba with a smile.

He is not alone.
Sithembile plays with her friends. “I’m the mommy”, says Sithembile, and she tells the children a story, just like her mommy used to.

She is not alone.
And sometimes before they go to sleep, they sit together with Daddy. Daddy lights a candle. The warm, little flame reminds them of Mommy.
They all look at her photograph. They sing her favourite song, and they give each other a big hug.

And they are not alone.
Tips on comforting grieving children

In times of grief, children are often neglected or invisible. It is important however to realise that babies and young children experience loss or death similarly to adults and also go through a grieving process. Adults thus need information on how to comfort children.

• Make children part of the changes brought about by death. Include them in decisions about who will be taking over some of the deceased person’s roles.
• Show the children love by hugging them or giving them physical contact.
• Talk about and listen to how children are feeling.
• Share memories about the person who died. Look at photos, talk about things they said and did. Use memory boxes.
• Encourage children to explore their lives through play, and occupy children by taking them on outings.
• Maintain their routines like bathing and feeding so that they feel secure.
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Sithembile and Themba’s mother has died and the children miss her. Although they are very sad they find that they are not alone. Daddy is there to hug them, granny is there to look after them, and their teacher is there to sing songs with them. The family finds that there are many ways to remember mommy in their daily lives.