

I Miss My Mom

(Insert the picture of your mom here)

My mom was very sick. Her body was not working right. She was in the hospital to get medicine. The doctors tried to fix her.

But the doctors could not fix her.

My mom died. She is not alive anymore. This means that I will not see her anymore.



I miss my mom so much. I am very sad. When I miss my mom, I can:







• Look at pictures of her

Fold page here to follow along

- Listen to music that she liked
- Go to places that she enjoyed
- Do things we used to do together
- Make a meal, or ask for a meal, that she used to prepare for me
- Smell her old perfume or hold a piece of her clothing close to me
- Talk to my family and my friends about her



I will always love my mom. My mom always loves me.



I Miss My Dad

(Insert the picture of your dad here)

My dad was very sick. His body was not working right. He was in the hospital to get medicine.

The doctors tried to fix him. But the doctors could not fix him.

My dad died. He is not alive anymore. This means that I will not see him anymore.



I miss my dad so much. I am very sad.

When I miss my dad, I can:





Fold page here to follow along



- Look at pictures of him •
- Listen to music that he liked •
- Go to places that he enjoyed
- Do things we used to do together
- Make a meal, or ask for a meal, that he used to prepare for me
- Smell her old perfume or hold a piece of his clothing close to me
- Talk to my family and my friends about him •



I will always love my dad. My dad always loves me.