










Making Memories with Your Child

This handout will explain some different activities you can do with your child to make memories.

Activity	How to do it	What it looks like
<p>Hug</p>	<p>Cut a piece of fabric longer than your arm's reach and wider than your hands. Trace your arms or your child's arms with hands stretched out. It should look like a scarf with hands on the ends. With your child, use markers, fabric paint, glue and beads to decorate the fabric. You can write words or draw pictures of things that have meaning to you and your child.</p>	
<p>Strength Beads</p>	<p>With your child, make a list of all the things that give you strength in difficult times (for example: loved ones, faith, or hobbies). Choose a colour of bead to symbolize each of the things that you have listed. Decide how many of each colour of bead you will use. The number of beads you will use depends on how much strength you want them to represent. Your child can make a necklace of strength beads for themselves or for the person who is sick.</p>	
<p>Quilt of Comfort</p>	<p>Using fabric paint, draw a grid of lines on a blanket or piece of fabric. You and your family can put anything that is meaningful on the blanket. Pictures, words or symbols can be used. You might include memories or jokes. This quilt can be used for comfort when a family member is sick. It can also be buried with the family member or kept by the family.</p>	
<p>Sweet Dream Pillowcase</p>	<p>Get a white pillowcase. Using fabric markers, you and your child can put anything that is meaningful on the pillowcase. Pictures, words or symbols can be used. You might include memories or jokes. This pillowcase can be used by your child if they are having trouble sleeping or having bad dreams.</p>	

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<p>Family Tree</p>	<p>Have each family member trace their hand on coloured paper. Cut out the hands. Then make a tree trunk shape from a different colour of paper. Cut it out as well. Work together to paste the hands on the tree. These are the leaves of the tree. Write about each person in their hand/leaf. The tree can be decorated with paint, beads, string or any other materials.</p>	
<p>Gardening</p>	<p>Planting and working in a garden gives your child a way to take care of another life. It also teaches them that things grow and die. Growing a garden in someone's honour can help a child feel connected with them, after death.</p>	
<p>Memory Box</p>	<p>Collect items that hold meaning for you and your child. You might include: art, photos, clothing, jewelry, videos, magazines, books, etc. Place these items in a box. With your child use markers, fabric paint, glue and beads to decorate the box. A box of memories can be put together by anyone or for anyone. It is most helpful if you can work together as a family to fill the box. It can be kept in your home, buried in the garden or in any special place.</p>	

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