

## Saying Goodbye - Helping children deal with death

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# Saying Goodbye!

All of us know that our life on this physical plane is finite and we don't clearly know when family and friends will draw their last breath. For some, it is sudden--without any heads up--and often, it is too soon. For others, death comes at the end of a life well-lived filled with many memories. This past Thursday, my father's physical life ended, and I am still looking at ways to say goodbye.

My sisters and I had the luxury of knowing that the end was near so we could plan some final moments together with our dad and mom. At the beginning of June, we gathered in the assisted living where my parents reside and spent time together. We talked about shared memories and listened to our dad's end of life requests. We celebrated their 69th wedding anniversary with ice cream drumsticks--their request. And my youngest sister organized timeslots on zoom for family and friends to connect with my dad, sharing memories and saying goodbye.

I will be spending the next week together with my mom, offering support, sharing memories, prayers, and songs. Even though we all know that death is inevitable, we don't know much about what to do at the end. Even those who work in hospice care have difficulty finding ways to say goodbye to loved ones. I pray that I can bring peace and support to my mom.

This month, I find myself embracing both ends of the lifecycle with the birth of my second grandchild and the end of the physical life of my dad. The

photos above are part of my many memories of him. If you have parents or grandparents who are still living, I encourage you to take the opportunity to talk with them about their lives, the most important memories, their regrets, their accomplishments, and their end-of-life desires. I have listed a few resources below that I have found meaningful.

What I wrote a few years ago for Father's Day

[www.coachmyrna.org/blog/what-i-learned-from-watching-my-dad](http://www.coachmyrna.org/blog/what-i-learned-from-watching-my-dad)

Helping children deal with death:

[www.coachmyrna.org/blog/helping-our-children-deal-with-death](http://www.coachmyrna.org/blog/helping-our-children-deal-with-death)

Grief One Day at a Time: 365 Meditations to Help You Heal After Loss

[www.amazon.com/gp/product/1617222380](http://www.amazon.com/gp/product/1617222380)

To purchase my book on

Amazon: [www.amazon.com/gp/product/B09L7KS5VH](http://www.amazon.com/gp/product/B09L7KS5VH)

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*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](http://www.coachmyrna.org/) Find out more about Safe Conversations [www.coachmyrna.org/safe-conversations.html](http://www.coachmyrna.org/safe-conversations.html).*

