

Family Grieving Ritual Guide ¹

Simple ways families can grieve, honor, and remember together

When a foster sibling leaves, everyone in the family feels the loss in different ways. Creating a simple family ritual can provide comfort, connection, and a safe space to share love and grief. This guide offers activities families can do together to honor their feelings and the foster child's journey ahead.

1. Gather Together

- Choose a quiet space where everyone feels safe and comfortable.
- Sit in a circle to show that everyone's feelings matter.

2. Light a Candle

- Light one candle to honor the foster child who has left.
- Say: "This light reminds us of our love that will always shine for them."

3. Share Memories

- Invite each family member to tell a story, memory, or moment they loved about the foster child.
- Younger children can draw their memory instead of speaking.

4. Create Together

- Make a family memory box or scrapbook with drawings, notes, or photos.
- Write blessings or hopes for the foster child and place them inside.

5. Offer a Blessing

- Together, say a simple blessing: "We send you love as you go forward. May you be safe, happy, and surrounded by care."

6. Closing the Ritual

- Blow out the candle together, symbolizing letting go while keeping the love alive in your hearts.
- End with a family hug or favorite song to bring comfort and connection.

Grieving as a family allows everyone — parents and children alike — to feel seen, supported, and connected. Love is never lost; it becomes part of your family's story forever.

¹ Created using ChatGPT – September 28, 2025