

The Children *Are Listening*

Children know more than adults think, and they remember who kept showing up.

Children do not process grief in words — they process it in patterns. Who comes. Who calls. Who says the parent's name. Who disappears. They are keeping quiet track of all of it, whether anyone realizes it or not.

WHAT TO DO

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| ☐ Use the parent's name naturally — not just in formal ceremony. | ☐ Write down the children's names and birthdays right now. |
| ☐ Acknowledge school milestones: graduations, sports, awards. | ☐ Ask children to share a memory — don't assume they won't want to. |
| ☐ Check in before each school year and before the holidays. | ☐ Invite older children to participate in department memorial events. |

DO THIS WEEK

Write down the names and birthdays of the fallen officer's children. Add each one to your calendar.

ASK YOURSELF

Do you know the names and ages of the children in this family — and do they know yours?

“Years from now, these children will remember who kept showing up.”