



Memories For Surviving Kids

The MFSK Mission is to encourage friends and family of deceased parents to write letters for the children.

visit us at
www.mfsk.org

Writing Letters

This guide was created to help people interested in writing a letter that provides memories for surviving kids. The guide was drafted with the help of child psychologists, grief counselors, and full grown surviving kids.

Letters for surviving kids should be written completely with the child in mind. It's your opportunity to share the experiences you had with their parent. The intent should be for the child to get to know their parent better through you. We want to encourage people to send letters without concern for guidelines, but we can suggest some of the following inclusions in your letter...

- A few words about how you knew their parent, and the frequency and timing of your relationship.
- A story that includes descriptive words about the deceased's personality. When possible the story should be upbeat, but avoid the temptation to distort the truth and create any false images.

You can have fun by setting a scene - "If your Dad and I had joined the circus, he would have been the lion tamer and I would have been the clown....".

- An old picture.
- A true story that tells of their values.
- Something made or written by the deceased.

For items sent it would be courteous to have one for each surviving kid, as well as one for the adult (children tend to lose things).

No one is ever too old to receive a surviving kid letter, but remember, if the surviving kid you're writing is still under the care of a parent or guardian, be sure to address your letter to the adult. They will use their best judgment on when to present the letter.

Please visit our website at www.mfsk.org to learn more about what you can do to help surviving kids.

