



# How To Support Your Wife Grieving The Death Of A Kid

At some point, everyone will face his or her own demise. Death is something we're fated to encounter, and there's no easy and adequate way to prepare for the loss of someone we dearly love.

If you're a parent, losing your kid is one, if not the most tragic thing you will ever experience. But there are still ways to cope up with the painful loss. Some parents hold on to their kid's valuable possessions. Some turn their little one's [ashes into glass](#) or a piece of jewelry so they can have some sort of a keepsake that lasts a lifetime.

In this feature, we're wishing to shed hope, and give a helping hand to those who need to support their wife in such a difficult time.

## How The Loss Affects Marriage

When couples grieve the death of their child, their marriage is being subjected to extreme volatility. In fact, there are actual cases when a child's death has caused a relationship to grow cold, subsequently putting an end to the marriage.

A parent will tend to feel guilty or blame the other party for the loss. In times like this, proper communication is key. Show respect to each other's feelings, and bear in mind that you're not the only who has lost a child.

Be mindful that each person has his or her own way of coping with death, and the period of acceptance and grieving varies from individual to individual.

## If Your Wife Finds it Hard to Accept Your Kid's Passing Away

Motherly love, they say, is one of the greatest emotions in the world. As such, one wouldn't imagine how unbearable it is for a mother to accept that the child she carried in her womb has already passed away.

Certainly, it wouldn't be an easy responsibility to give comfort to your mourning wife. But here are some things you can do:

Let them take in the pain and cry. When she needs some shoulder to cry on, be there for her. If you feel like she wants to spend some time alone, give her the break that she needs.

Do the chores. One way to express sympathy for your wife is by doing practical things. Do the dishes, take charge of the groceries, clean the house. These simple things will mean a lot.

Give them comforting gifts. A simple card telling you also feel sorry about your kid's death can go a long way. Some husbands also offer their wife the option of turning their kid's [ashes into jewellery](#) in order to memorialize the child's presence in their life.

Never avoid talking about the kid. Don't be afraid to talk about the kid with your wife. This is one way of keeping memories alive.

Remember: Grief has no expiration date. Things may turn to "normal" but the truth that your child is no longer there will remain unchanged. Throughout the years, don't tire in giving the support that your wife needs -- especially on special occasions like birthdays and death anniversaries.