

THINGS FRIENDS AND FAMILY CAN DO TO HELP WHEN THE DEATH OF A BABY OCCURS

The **Key is Joining Experiences** and helping other people evolve so when the death of a baby and/or a child occurs, think of a set of keys when wondering what you can do to help that friend, family member or co-worker. The **Key** is also just to **Ask** what you can do to help and then listen for specifics. Here are some suggestions of things to **Ask**:

House Key: Ask if you can go shop for groceries for them, ask if meals are wanted and be the coordinator of that if yes, ask if gift cards to various restaurants would be easier than meals, clean their house or hire a housekeeper as a surprise, make sure all pets and plants are watered and taken care of, take care of dry cleaning once work is resumed if necessary, ask if help with laundry would be beneficial

Car Key: Ask if you can go wash the car, fill up the car(s) with gas every week, check the oil and other maintenance on the vehicle for the first couple of months

Storage Shed Key: Ask if you can mow and trim the lawn, ask if you can plant flowers, bushes, etc., if the right season, ask if you can rake leaves

Mailbox Key: Ask if help is needed sorting the mail, ask if you can help by going through thank you cards and replying

Work Key: Ask if someone is needed to serve as the point person to keep co-workers, friends and family updated so the story doesn't have to be personally repeated all the time, ask if going to lunch during their work day would help, ask if going for a cup of coffee before work would be helpful

Spare Key: Ask the one thing that needs done the most as a starting point

**And remember, sometimes it is nice just to have something done for you without having been asked*