



Support kids whose families have changed



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Some people—especially those grieving the loss of a loved one or dealing with the fallout of a divorce—may feel the absence of an important family member intensely during the holiday season. Kids are particularly affected when families face an emotionally charged holiday. If there are children in your family coping with the absence of a loved one, there are steps you can take to help them feel better. Starting these conversations can be hard, but they are an important way to show children that their family can celebrate together in new and meaningful ways.

In their article for the OptionB website, Dr. Donna Gaffney, Dr. Irwin Sandler, and Dr. Sharlene Wolchik explore the following six tips. Please visit [Option B](https://optionb.org) for the full article.

- Ask for their help making holiday plans
- Make time for togetherness
- Make sure gifts are meaningful
- Connect with the past
- Acknowledge the empty chair at the table
- Take time to reflect after the holidays

[Six Tips Article on Option B](https://optionb.org)

