Father’s Day and Mother’s Day can bring up sad feelings for children who don’t have a mom or dad at home. What can we do to honor those days in a sensitive way? Here are some ideas from parents who have transformed potentially painful days into celebrations:

- Rachel R.
  “Our Primary has foster children, adopted children, and children who live with grandparents or single parents. One Mother’s Day, I made a page for everyone to color and told the kids to pick a woman in their lives who had helped them, someone they looked up to, and to color the card for her. It seemed to go over really well!”

- Hayley H.
  “If a parent has passed away, you could celebrate by eating their favorite dinner or sharing favorite memories.”

- Erin H.
  “I try to remind the kids that every family is different and that, no matter what, our Heavenly Parents will always be there for us.”

- Chelsea R.
  “My father wasn’t present growing up, but I had male role models (uncles, teachers, ward members) who cared about me. I wrote them notes or brought them cookies for Father’s Day. It’s also OK to skip the holiday and just celebrate it as another day we’ve been given here on earth.”

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