

# For Parents of Little Ones

**F**ather'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:

“ 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. ”

—Erin H.

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

—Hayley H.

“ 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! ”

—Rachel 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. ”

—Chelsea R.