

# The Santa Legacy Grief Support Guide

*Helping Children and Families  
Navigate Loss with  
Love, Memory, and Christmas Magic*

## **Why This Matters**

The first Christmas after losing a loved one can feel quiet, empty, or confusing—especially for children. The Santa Legacy reminds us that every act of kindness, love, and joy someone shared is a lasting part of their legacy. It lives on through us.

This guide offers simple, age-appropriate ways to gently discuss loss and honor those who have passed, while still preserving the Magic of Christmas.

## ☀️ What to Say to a Child

Keep it honest, simple, and anchored in love. Here are some phrases in the voice of The Santa Legacy:

“Every time we do something kind, we share the magic they once gave to us.”

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“Santa remembers them, too. He carries their memory in his sleigh, in every snowflake and jingle.”

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“When someone we love becomes part of the stars, their Christmas Magic doesn’t disappear—it lives on inside us.”

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## **Gentle Rituals to Keep Their Magic Alive**

### **Start a New Tradition in Their Honor**

Let the child help choose one act of giving each year in memory of the loved one:

Donate a toy, bake cookies for a neighbor, or light a candle together.

Call it “Their Special Wish” or “Their Legacy Spark.”

### **Create a Christmas Magic Memory Frame**

Use photos or drawings. Around it, add:

“What they taught me”

“What I loved about them”

“How I will share their magic”

### **Make a Magic Ornament**

Inspired by *A Last Christmas Wish*, craft or buy a crystal cardinal or snow globe ornament.

Attach a note: “In memory of the magic they made.”

## **Read Their Legacy Aloud**

Use *A Last Christmas Wish* as a tradition—reading it aloud each season as a way to feel connected.

## ✨ **Comforting Messages to Repeat**

“The magic doesn’t end. It just changes where it lives.” ”

“It’s okay to feel sad, and it’s okay to smile too.” ”

“We carry their Christmas spirit in everything we do.” ”

## **A Message for Adults**

You don't have to have perfect words. Just presence, honesty, and shared remembrance. Children take their cues from you. If you model reflection, celebration, and occasional tears—that's all part of the legacy.

The Santa Legacy is here to help make space for both grief and wonder. You're not alone, and neither is your child.

[Share your story with us!](#)

## **When Christmas Should Have Been the First**

There are no words for the grief of saying goodbye to a child before their first Christmas. A season that should have been filled with anticipation, “Baby’s First Christmas” pajamas, and tiny stockings becomes instead a season of aching emptiness.

If this is your story, know that you are not alone. Love and loss are forever intertwined, and your child’s place in your family is real and enduring. Even a life too short leaves behind a legacy of love.

Here are a few gentle ways families have found to hold space for both grief and remembrance during the holidays:

- **Say Their Name**

Hearing your child’s name spoken aloud affirms their place in the family. Let others know it’s okay to talk about them, and if you’re supporting someone who is grieving, don’t be afraid to remember their baby with them.

- **Light a Candle**

A single flame can symbolize the light of a life too brief but never forgotten. Many families choose to light a candle on Christmas Eve or Christmas morning, making their baby’s presence felt in a quiet and sacred way.

- **Create a Keepsake**

An ornament, a stocking, or a small decoration with your child’s name can serve as a touchstone year after year. These rituals say, “you are part of us, always.”

- **Allow Christmas to Be Different**

Some families choose to simplify traditions, step away from big gatherings, or create space for quiet reflection. There is no right or wrong way to do Christmas in grief—only what feels bearable.

- **Give Their Love a Legacy**

Acts of kindness done in your child's name can be a way to carry their love forward. A donation to a children's charity, a toy given to another baby, or even a single smile given in their memory—these are small ripples that keep their light shining.

Remember, grief and joy can coexist. It is okay to laugh through tears. It is okay to rest when you need to. It is okay to love your child fiercely, even if their first Christmas is not what it should have been.

Christmas Magic does not erase grief—but it can honor love that endures forever.

# When Christmas Should Have Been the First Journal

This page is a gentle space for you to hold both your grief and your love. Christmas may not look the way you hoped it would, and that ache is real. You are not alone. Use these prompts as an invitation to remember, honor, and carry your child's light forward.

## Journal Prompts

✧ What were the hopes and dreams you held for this first Christmas?

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✧ What memories—however brief—do you want to hold close about your child?

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✧ If you could write a Christmas letter to your baby, what would you say?

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✧ What symbol, ritual, or keepsake could help you include your child in your holiday season?

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✧ What act of kindness could you do in their memory to carry their love forward?

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