

Write a short, gentle message that tells the child you are thinking of them and that they are not alone. Use words they can understand, and mention the person who died by name if that feels appropriate.

Keep the message simple

A flower card has little space, and a child who is grieving may not have the energy to read much. One or two sentences are enough. You do not need to explain death or find words that make the sadness go away.

Address the child by name if the flowers are for them. A direct greeting can make the note feel personal, especially if other messages in the home are addressed to adults. Sign your name so the child knows who sent it.

Choose language that fits the child's age. For a younger child, short sentences and familiar words are useful. An older child may appreciate a little more detail, but still does not need a long message.

Messages you can use

These examples can be adapted to suit your relationship with the child. Use the name or family word the child used for the person who died.

- Dear Sam, I am so sorry your dad died. I am thinking of you and sending you a hug. Love, Alex
- Dear Maya, I know how much you love your grandma. I am remembering her with you. Love, Lee
- Dear Jordan, I am sorry your friend died. You are in my thoughts. From, Taylor
- Dear Ari, I am thinking of you and your family. I am here if you want to talk or spend time together. Love, Morgan
- Dear Noah, your mum was always kind to me. I will remember her warm smile. Love, Pat

If you did not know the person who died, you can simply say that you are sorry and that you care about the child. There is no need to suggest a closeness you did not have.

Offer care without pressure

A child may want to talk, play, sit quietly or move between all three. Your message can leave room for any response. Instead of asking them to be brave, let them know that you are there for them.

If you are close to the child, a specific offer can be reassuring. You might write, “I would love to read with you when I see you,” or “I can sit with you at school.” Make an offer only if you are able to follow through.

Words to leave out

Avoid telling the child how they should feel or how long their grief should last. Phrases such as “be strong” or “do not be sad” can make it sound as though their feelings are a problem to solve.

It is also wise to avoid explanations about why the death happened, or promises that everything will soon be fine. If you are unsure about the family's beliefs, keep the note focused on care and remembrance rather than making assumptions.

A few honest words are enough. Write with the child in mind, sign your name, and let the flowers carry the rest of your care.

On the same subject: send a present overseas