



Creating a Meaningful Visit with Your Loved One this Mother's or Father's Day

1. Before You Go

- Take a few breaths to center yourself.
- Let go of expectations for what should happen.
- Be present. Be kind to yourself.

2. During the Visit

- Sit at eye level, smile, use a gentle tone.
- Focus on feelings, not facts.
- Bring something simple: music, a flower, a treat.
Let them guide the conversation—even if it's about the past.

3. Great Things to Say

- "Tell me more about her/him."
- "That sounds special—what else do you remember?"
- "I love being here with you today."

4. Things to Avoid

- Don't quiz: "Do you remember me?"
- Don't correct: "No, it's not 1950—it's 2025."
- Don't push too hard for conversation.

5. If They're Confused

- Go along with their story.
- Match their emotions.
- Use music, touch, or silence if words are hard.

6. After the Visit

- Reflect. Write down what felt good.
- Share tips with others.
- Be gentle with yourself—this is a journey.



**"They may forget what you said, but they will never forget how you made them feel."
– Maya Angelou**