


The Fishless Lake

A STORY BY THE NEW YORK LIFE FOUNDATION







*Dedicated to the children and
families who have lost a loved one.*

*May this book help you keep them
forever in your hearts.*

The Fishless Lake

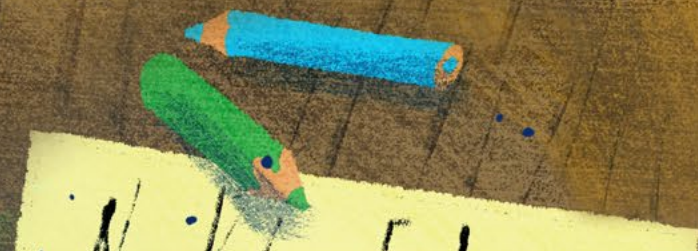
A STORY BY THE NEW YORK LIFE FOUNDATION


written by Edward Miller & Katy Moseley

illustrated by Dermot Flynn



*A long time had passed since
Kai last drew his dad,*





*When a wave of worry made
him anxious and sad,*

How do you stay close
to a loved one who dies,
When you can't remember
the color of their eyes?



Mom understood,

*she had planned
for this day...*



*With a trip to mend memories
that were fading away.*





Something wonderful happened...

*When he started to place how
the trees met the sky,*

*Dad's little details
flowed back to Kai.*



Out on the boat, Mom listened
as Kai remembered,

How Dad planned these
fishing trips every September.





*They'd come out for hours
and not catch a thing,*

*They'd just laugh,
and they'd chat, and they'd
play, and they'd sing.*



*Though now they caught nothing,
Kai got his wish.*

*He remembered his dad
on this lake with no fish.*



*He remembered his eyes
that were loving and green,
And a smile that could
light up a room when he beamed.*

*In that moment,
Kai finally realized,*

*Sometimes
he'd be joyful,
sometimes deeply sad.*



*But he got what he'd
never forget about Dad.*





*Though memories
can fade...*



*and new ones
can start...*

*Kai knew Dad would always
be stitched in his heart.*





Strength comes in many forms,
you can be one of them.

Resilient parenting and storytelling are key themes addressed in this book. The New York Life Foundation supports organizations and programs that foster both, including the Reach Institute of Arizona State University and their Resilient Parenting for Bereaved Families Program, designed for caregivers of children who've experienced the death of a parent.

The Foundation partnered with StoryCorps on the Road to Resilience: Memories That Move Us Forward and DIY: Road to Resilience programs which use storytelling to help grieving children cope.

Brave is about courage... facing the realities of losing your loved one while continuing to connect with the world around you. Love, laugh and remember your loved one, even though that person is no longer physically with you.

Thank you for being brave!

More at www.newyorklifefoundation.org



from Kai's Mom



- ♥ Continuing traditions your child shared with their loved one is a healthy part of grieving, for Kai, this was a fishing trip. Weaving these activities with new traditions helps your child stay connected to the parent they lost while knowing that their family continues.
- ♥ Bringing up memories about a loved one with your child is healing (growth-promoting). Storytelling is a valuable tool that helps them keep that person close to their heart. Sharing these stories helps them know they're not alone – you are there with them.
- ♥ In addition to sharing your own stories and feelings, it's important for your child to know that you are actively listening to them, too. Giving them space to open up about their own memories will help your child feel understood and better able to cope with the changes in his or her life.

from Kai

- ♥ Sometimes you forget the way your loved one laughed, the sound of their voice, or even the color of their eyes. You might feel guilty, frustrated, or even angry. That's OK, and completely natural. There are many ways you can remember them. Don't feel guilty or badly if you forget certain details.
- ♥ I like to listen to stories about my dad, tell his funny jokes, and eat mint-chocolate chip ice cream, his favorite! Talking about memories of my dad with my mom helped me feel better. It was good to know that she understood. Remembering will give you comfort and help to keep those memories strong for you.
- ♥ My mom and I had a great time on this fishing trip. It was good to know we could have fun together and share memories of my dad. Continuing a special activity or tradition you did with your loved one will help you keep them stitched forever in your heart.



An artistic illustration of two bears in a forest at night. The bears are depicted in a warm, golden-yellow glow, contrasting with the dark blue and green tones of the forest. They are positioned in the lower half of the frame, facing each other as if in conversation. The background features rolling hills and trees, with a soft, starry light effect suggesting a night sky. The overall style is soft and painterly.

NEW
YORK
LIFE

NEW YORK LIFE
FOUNDATION