


The Golden Sweater

A STORY BY THE NEW YORK LIFE FOUNDATION

DAD'S
THINGS







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

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



The Golden Sweater

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Kai had felt sad before...

*but this was different,
something more.*



*This was a new
kind of down.*

*One that felt like
a lifelong frown.*



Without Kai's dad,
their whole world was turned blue.

The illustration shows a woman with short black hair sitting at a desk in a dimly lit room at night. She is focused on her laptop, which glows with a bright blue light. On the desk, there is a small potted plant, a blue desk lamp, a mug, and a white envelope. A window behind her shows a warm, golden light from the sun setting or rising, with yellow leaves falling outside. The room's walls have a subtle pattern, and the overall atmosphere is quiet and contemplative.



Mom didn't show it,
but she was sad too.

The illustration shows a young boy with black hair sitting at a wooden desk, drawing on a piece of paper with a blue marker. He has a sad expression on his face. On the desk, there are several colored pencils and a small container. Behind him, a world map is visible on the wall. The scene is set in a room with a blue tint, suggesting a somber or melancholic mood. The lighting is soft, highlighting the boy and his work.



*But this didn't mean
they'd be frightened forever.*

Brave sometimes hides
in the strangest of places...



for Kai...



DAD'S
UNCS

That place was a sweater.



Just when he felt
he might never be bold,






*Kai's world was changed
by a sweater of gold.*

What kind of sweater makes
you brave when you're sad?






The kind that is stitched
with the love of your dad.

An illustration in a soft, painterly style. A woman with dark hair, wearing a blue long-sleeved top and dark pants, sits on a wooden chair at a dark table. She is looking down at a book she is holding. On the table is a white mug. To her left is a window with a view of a bright, sunlit outdoor scene with trees and a building. The room's walls are a deep blue with a subtle herringbone pattern. In the foreground on the right, the back of a person's shoulder is visible, wearing a yellow and white plaid sweater. A small red heart is visible on the blue wall behind the sweater. The floor is a dark blue with a wood-grain texture. The overall mood is quiet and contemplative.

*This sweater was special,
it gave strength and advice.*



*It even cheered up his mom
when she didn't feel nice.*

A young boy with black hair, wearing a red jacket, green pants, and white sneakers, stands in a forest at night. He is smiling and has his right hand raised towards a large, glowing bear. The bear is yellow and has its eyes closed. In the background, a yellow school bus is parked among trees. The ground is covered with fallen leaves, and there are small red hearts scattered around. The scene is illuminated with a warm, golden light.

*Suddenly, he realized
that right from the start...*

*The same brave in its stitches
was stitched in his heart.*

So if ever you feel life
won't get any better,



Remember,
brave is born from
the strangest of places...

Sometimes, that place
is a golden sweater.



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

Since our founding in 1979, the New York Life Foundation has provided more than \$300 million in charitable contributions across the U.S. in programs that benefit young people.

Recognizing the critical need to provide greater support to grieving children and their families, the New York Life Foundation established childhood bereavement as a funding focus area in 2008 and has worked to increase research, expand services and bring greater attention to this critical yet under-resourced area.

More at www.newyorklifefoundation.org

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from Kai's Mom

- ♥ When explaining death to children it's better to use clear and explicit words. Phrases such as "passed" or "passed on" or "gone away" may be easier to say for an adult but can confuse children. Say "death" and "died".
- ♥ Often children and adults keep something special that belonged to a loved one - like a sweater or hat. This is a healthy part of a child's grieving. It helps them feel connected to the person they lost.
- ♥ You will be grieving too. It's important to let your children see what you are feeling and to talk about how natural it is. It's ok for them to see you cry, talk with friends, and share happy or sad memories of your loved one. Take care of yourself so you can take care of your family.

from Kai

- ♥ Talking about your loss can be hard. Very hard. But it's important. Just as I connected with my Mom, you can talk to an adult, brother or sister, a close friend or even a new friend who has also lost someone important in their lives.
- ♥ There are many things that remind you of your loved one - a photo, a blanket, or even something they wore. Like my dad's sweater. Keeping these things close to you can give you comfort and keeps their memories alive as you grow older.
- ♥ I loved to play tennis with my dad. Did you have a special activity you shared with your loved one? Maybe it was a sport, game, biking or playing music. These activities will help you keep memories strong and can be another source of comfort for you.





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