

HANDOUT “MAKE A HUG”

Preparing children for the medically assisted death of a loved one

By Susan Woolhouse, MD, MCISc, CCFP, FCFP

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1. take an light coloured bed sheet
2. lie it on the floor
3. lie down on top of it with your arms outstretched (like a snow angel)
4. trace out the arms with a thick marker
5. get up and you will be left with an outline of two arms that are not attached
6. use the marker to attach the two arms making one really long arm with hands at each end
7. this is now a "hug" that can be wrapped around your loved one as they are dying
8. you can decorate each "hug" with drawings, writing, poems, etc
9. some people take their hug back after their loved one dies and some people have their loved one buried/cremated wearing their hug



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