

# Kids and Car Safety FAQs of Family Support

Frequently Asked Questions from Grieving Families

You may have questions. You may not know what you need yet. Here are some common questions families ask us.

## **I'm not sure I'm ready to talk. Is it okay to just email and say that?**

Yes. You are welcome to reach out in whatever way feels safest for you. You can send a brief email just letting us know you're not ready to talk yet, but would like more information or to stay connected. There is no pressure to share more than you want to.

## **My loss was many years ago. Is it "too late" to ask for support?**

It is never too late. Grief doesn't follow a timeline and it doesn't expire. Some families reach out weeks after a tragedy and others reach out many years later when memories or milestones bring up new feelings. Whenever you are ready, we are here.

## **How do you connect me with another family?**

If you choose, we will talk with you about your child, your experience, and what kind of connection you're hoping for. Then, we do our best to match you with another family who has experienced a similar type of incident or loss. We will check with both families before making an introduction and share only the information you agree to share.

## **Is there a cost for these support services?**

No. Our family support, peer connections, and Healing Circles are offered at no cost to families. We never want finances to be a barrier to care, connection, or support.

## **I feel a lot of guilt and blame myself. Is that something I can talk about?**

Yes. Guilt is one of the most common and painful parts of grief for many parents and caregivers. You can talk openly with us about these feelings. We will listen without judgment and acknowledge how complex and heavy this experience can be. You do not have to carry it alone.



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## **What if I just want information and resources, not conversation?**

That is completely okay. If you prefer, you can just review our resources, articles, safety information, and suggestions for grief support and mental health services in your own time.

## **I'm interested in advocacy, but I'm scared it will be too overwhelming.**

Advocacy can be powerful, but it can also be emotionally demanding. If you're curious about it, we can start gently. For example, by helping you to write a few sentences about your child or exploring small ways to honor them. You can pause or step back at any time. Your well-being always comes first.

## **Will you share my story without my permission?**

No. We treat your story and your child's memory with the utmost care. We will never share your story publicly, use it in campaigns, or connect you with media or external partners without your clear and explicit permission. You are always in control of how, when, and whether your story is shared.

## **How do I get started?**

You can begin by sending a simple email to [tracy@kidsandcars.org](mailto:tracy@kidsandcars.org). You might share your name, your child's name (if you feel comfortable), and whether you are seeking support, connection, information, or all of the above. We will respond with care and next steps that match what you shared.

