



Invisible Dads

If you know a bereaved Dad, ask how HE is, not of his wife or sister or brother

He feels the loss just as much as the Mother

Invisible Dads, why does no one see their pain?

Or acknowledge that their life will never be the same?

They are expected to be strong and carry on regardless

I don't think people mean to be heartless

Dad's miss the hugs and the sound of their child's name

When you ignore them, it really is a shame

Don't just ask of the family but of the person standing in front of you

I know you mean well, but remember, Dads have feelings TOO