

# 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

A STORY BY THE NEW YORK LIFE FOUNDATION

written by Edward Miller & Katy Moseley

♥ illustrated by Dermot Flynn





Kai had felt sad before...

but this was different,  
something more.



One that felt like  
a lifelong frown.

This was a new  
kind of down.

An illustration of a woman with short black hair sitting at a desk, working on a laptop. The desk has a potted plant, a lamp, and a mug. A window behind her shows a warm, golden light with falling leaves. To the right, a young boy with black hair is sitting at a desk, drawing a face on a piece of paper with a blue marker. On the wall behind him is a world map. The entire scene is set against a dark blue background with various leaves scattered around. The text is written in a white, cursive font.

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

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



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

Brave sometimes hides  
in the strangest of places...



for Kai...



DAD'S  
THINGS

*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 short black hair, wearing a blue long-sleeved top and dark pants, sits on a wooden chair at a table. She is looking down at a book in her hands. On the table is a blue mug. To her left is a window with white curtains, through which bright yellow light and a tree trunk are visible. The background wall has a blue and white herringbone pattern. In the foreground on the right, a large yellow sweater with a white grid pattern is draped over something. A small red heart is visible on the wall behind the sweater. The floor is dark blue with some yellow speckles.

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



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



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

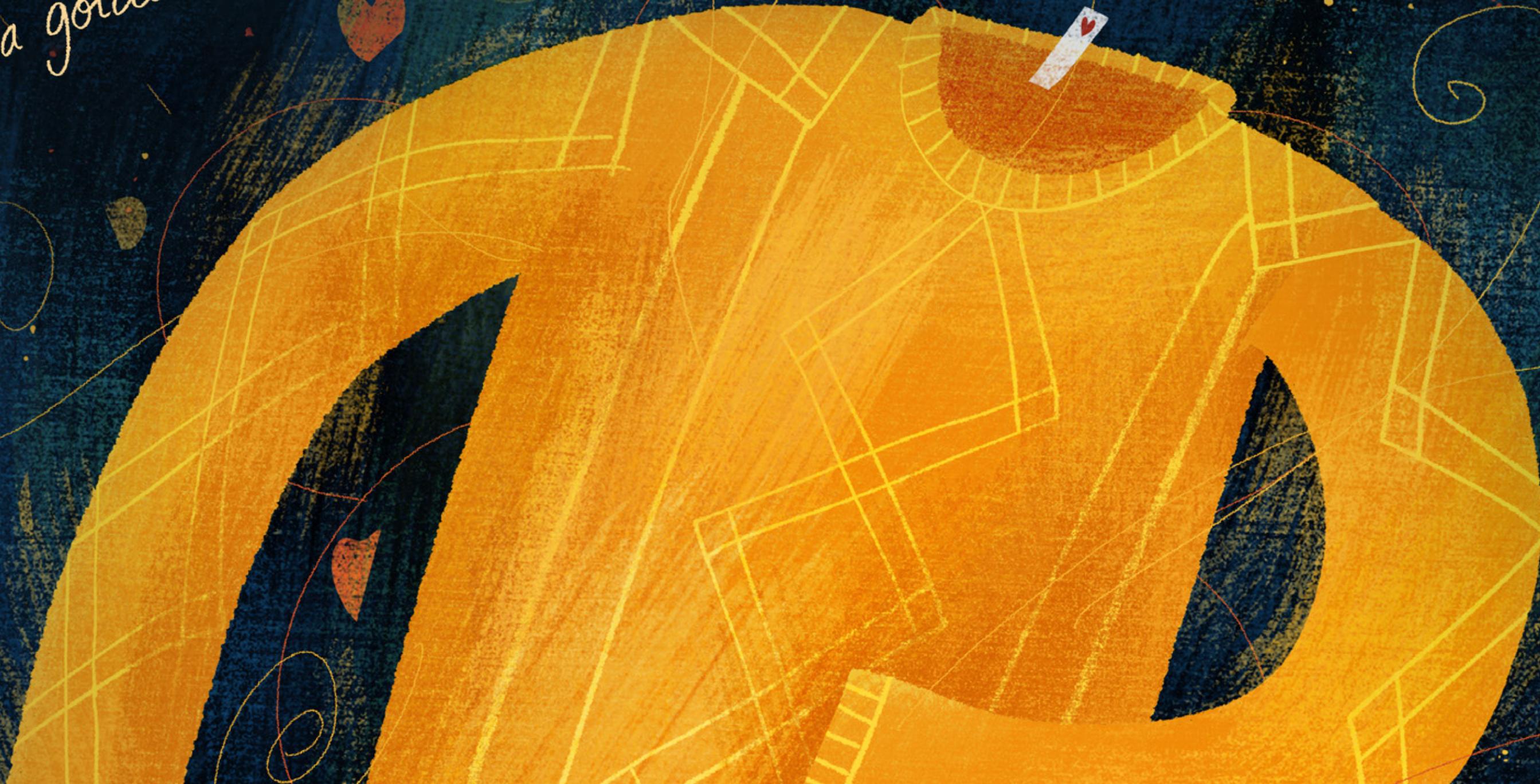
The same brave in its stitches  
was stitched in his heart.

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 \$400 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](http://www.newyorklifefoundation.org)



## 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.





NEW YORK LIFE  
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# El Suéter Dorado

UNA HISTORIA CREADA POR LA NEW YORK LIFE FOUNDATION

COSAS de  
PAPÁ





Dedicado a los niños y a las familias que  
han perdido a un ser querido.

Que este libro les ayude a mantenerlos  
siempre en sus corazones.

# El Suéter Dorado

UNA HISTORIA CREADA POR LA NEW YORK LIFE FOUNDATION

escrito por Edward Miller & Katy Moseley ♥ ilustrado por Dermot Flynn



*Kai ya conocía la tristeza,*



*pero ninguna,  
era como esta.*



Como un ceño fruncido  
que duraría para siempre.

Esta tristeza  
era diferente.



*Sin papá, el mundo de Kai se había pintado de un color que nada le gustaba.*



*En cambio, su mamá prefería no decir nada, aunque su tristeza, por dentro estaba.*



*Esto no quería decir que las cosas  
no mejorarían tarde o temprano.*

*La valentía, a veces se esconde  
en el rincón menos esperado.*



Para Kai...



COSAS de

Ese lugar era  
un suéter de color dorado.



*Cuando Kai sentía que todo se  
tornaba gris e incoloro,*





*Su mundo cambiaba y se convertía  
en aquel suéter de oro.*

*Pero, ¿qué tipo de suéter te da  
fortaleza y no debilidad?*





El tipo de suéter que está  
tejido con el amor de papá.

An illustration of a woman with short black hair, wearing a dark blue long-sleeved top and dark pants, sitting on a wooden chair at a table. She is looking down at an open book in her hands. On the table in front of her is a dark blue mug. To her left is a window with light-colored curtains, through which bright yellow light is streaming. The room has blue patterned wallpaper and a blue floor. In the foreground on the right, there is a large, textured yellow and white plaid blanket. A red heart is visible on the wall behind the blanket. The overall style is soft and illustrative.

*Ese suéter, era especial,  
le daba fuerzas, lo ayudaba a avanzar.*



*Y hasta animaba a mamá,  
cuando tenía ganas de llorar.*



De repente, un día Kai se dio cuenta  
de algo que lo hizo entrar en razón...

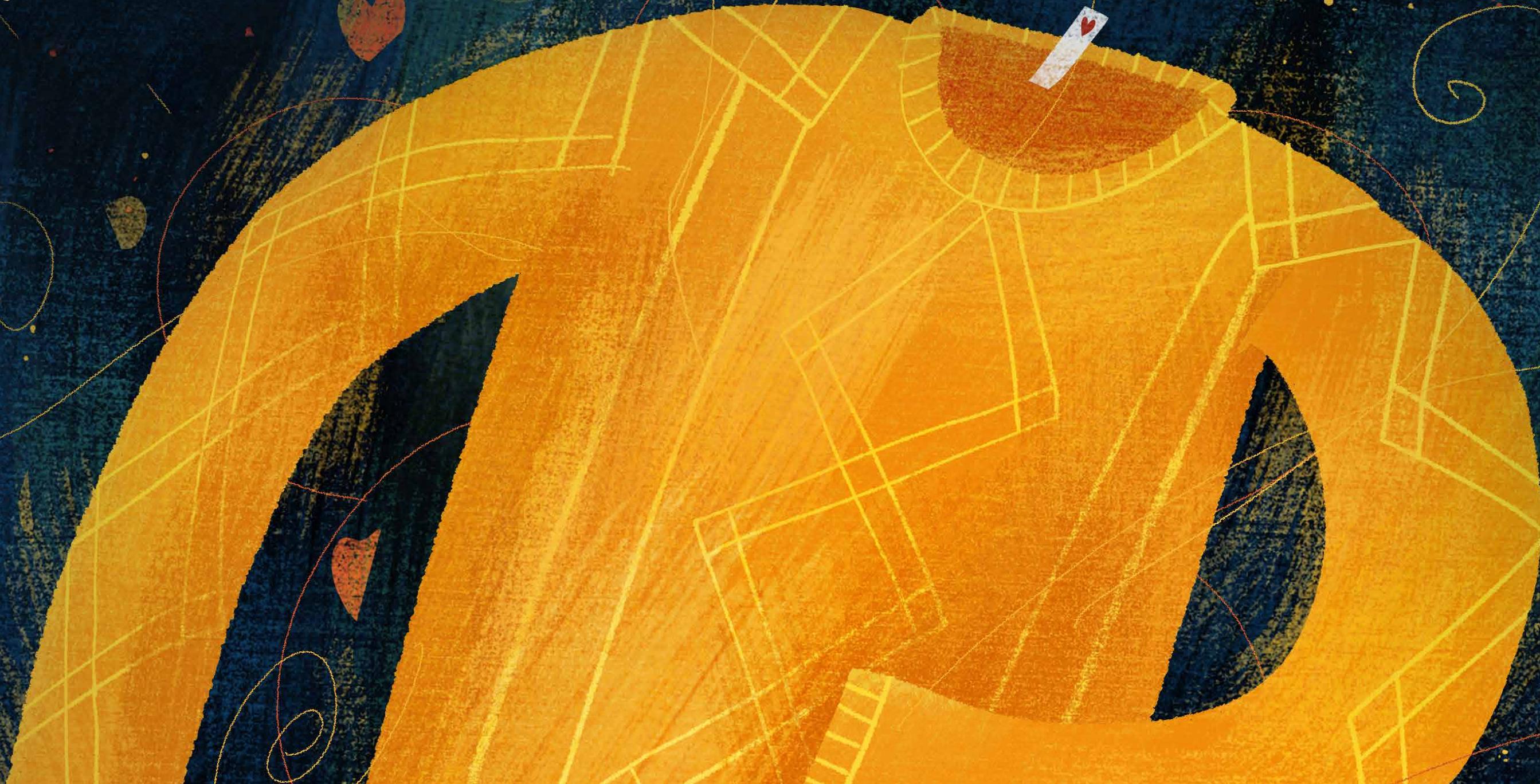
La misma valentía con la que estaba tejido  
aquel suéter, la tenía en su corazón.

Así que si alguna vez sientes  
que la esperanza te ha abandonado.

No temas,  
y recuerda que la valentía  
puede venir de cualquier lado.



Y que a veces, ese lugar,  
es un suéter de color dorado.



La fortaleza viene en muchas formas,  
tú puedes ser una de ellas.

Desde nuestra fundación en 1979, la New York Life Foundation ha proporcionado más de \$400 millones en contribuciones caritativas en los EE. UU. en programas que benefician a los jóvenes.

Reconociendo la necesidad crítica de brindar más apoyo a los niños en duelo y sus familias, la New York Life Foundation estableció el duelo infantil como una área en que concentrar financiamiento en 2008 y ha trabajado para aumentar la investigación, expandir los servicios y brindar más atención a esta área crítica de recursos insuficientes.

Más información en [www.newyorklifefoundation.org](http://www.newyorklifefoundation.org)



## Palabras de la mamá de Kai



- ♥ Cuando se habla de la muerte con un niño, lo mejor es usar palabras claras. Frases como "se ha ido" pueden ser fáciles de entender para un adulto, pero pueden confundir a los más pequeños. Es mejor hablar directo, decir "muerte" o "murió".
- ♥ A menudo, los niños y los adultos guardan algo especial que pertenecía a un ser querido, como un suéter o un sombrero. Esta es una parte saludable del duelo de un niño. Les ayuda a sentirse conectados con la persona que han perdido.
- ♥ Como padre o madre usted también está en duelo. Es importante que los niños vean esto y se den cuenta de lo natural que es sentirse afligido. Está bien que te vean llorar, hablar con amigos y compartir recuerdos felices o tristes de tu ser querido. Cuidate para poder cuidar de tu familia.

## Palabras de Kai

- ♥ Hablar de una pérdida puede resultar muy difícil. Muy duro. Pero es importante. Y así como yo conecté con mi mamá tú también puedes hablar con un hermano o hermana, un amigo cercano o incluso un nuevo amigo que también haya perdido a alguien importante en su vida.
- ♥ Hay muchas cosas que te recuerdan a tu ser querido: una foto, una manta o incluso algo, que haya usado; como el suéter de mi papá. Mantener estas cosas cerca de ti pueden brindarte consuelo y mantener vivos sus recuerdos a medida que pasa el tiempo.
- ♥ A mí me encantaba jugar al tenis con mi papá. Y tú, ¿compartiste alguna actividad con tu ser querido? Quizás un deporte, un juego de mesa, andar en bicicleta o tocar música. Estas actividades te ayudarán a mantener fuertes los recuerdos y pueden ser otra fuente de consuelo para ti.





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