

Check-In Calendar

A simple reminder guide for staying present after the first wave of support has faded.

Support often comes quickly in the beginning, when the loss is fresh and everyone knows to check in. But grief lasts much longer than the first few days, and many widows feel the quiet most deeply after the calls, cards, meals, and messages begin to slow down.

This guide helps supporters remember meaningful times to reach out: the first week, the first month, three months, six months, birthdays, holidays, anniversaries, and ordinary days that may still feel heavy. A check-in does not have to be long or perfectly worded. Sometimes a simple “I’m thinking about you today” can remind her she has not been forgotten.

First Week

Send food, offer specific help, check in without expecting a reply, help with immediate practical needs.

First Month

Continue practical support, ask before visiting, offer rides, errands, paperwork help, and quiet company.

Three Months

Reach out when the rest of the world may be getting quieter.

Six Months

Remember that grief may still be raw, even if she looks more functional.

Birthdays, Holidays & Anniversaries

Mark the dates that may carry extra weight. His birthday, her birthday, their anniversary, the date of death, major holidays, family milestones.

The First Anniversary

Reach out before the day, not just on the day.



Random Tuesdays

Send a no-pressure message on an ordinary day. Grief does not save itself for holidays. It has terrible calendar manners.

Helpful Message Examples

- "I've been thinking about you today. No need to answer."
- "I know this week may feel heavy. I just wanted you to know I remember."
- "I remembered his birthday today and wanted to say his name."
- "I'm going to the store. Can I bring you coffee, paper towels, or something easy for dinner?"