

two copies — one for home, one for grandma's door

The Goodbye Ritual

Tape it at kid height, next to the door. Same five steps, every time — the sameness is the safety.



The Goodbye Ritual

our door, our rules 

1

Get low

Eye level. Bag down. No rushing from up there.

2

Say the true thing

"You don't want me to go. That's okay."

3

Something to hold

A scarf, a button, a note in her pocket. Something that smells like you.

4

One kiss, then go

Even if the eyes are wet. Long goodbyes ask her to manage your feelings too.

5

The promise

"I always come back." — the sentence that builds trust, one goodbye at a time.

crying at step 4 is allowed. for both of you.



The Goodbye Ritual

our door, our rules 

1

Get low

Eye level. Bag down. No rushing from up there.

2

Say the true thing

"You don't want me to go. That's okay."

3

Something to hold

A scarf, a button, a note in her pocket. Something that smells like you.

4

One kiss, then go

Even if the eyes are wet. Long goodbyes ask her to manage your feelings too.

5

The promise

"I always come back." — the sentence that builds trust, one goodbye at a time.

crying at step 4 is allowed. for both of you.