



A Father's Grief

(Author Unknown)

Adapted from original by and for Alexandra's House

It must be very difficult
To be a man in grief,
Since "men don't cry"
And "men are strong."
No tears can bring relief.

It must be very difficult
To stand up to the test,
And field the calls and visitors
So she can get some rest.

They always ask if she's all right
And what she's going through.

But seldom do they say the words,
"What can I do for you?"

You hear her crying in the night
And think your heart will break.
You dry her tears and comfort her,
But "stay strong" for her sake.

It must be very difficult
To start each day anew
And try to be so very brave for-
You're mourning your baby too.