

From Editor

You must
grieve together

Few losses cut as deeply as the death of a child. It disrupts the natural order of life and leaves families grappling with a pain that words rarely capture. In this week's magazine, a parent shares the devastating experience of losing a child to illness and the struggle to keep going for the sake of the family left behind.

One truth that stands out from both the counsellor's advice and the responses from readers is that grief has no single shape. Parents often mourn in different ways. One may want to talk openly about the child who died, while the other withdraws into silence. These differences can sometimes feel like distance, but they are usually just different expressions of the same deep love and loss.

For couples navigating such heartbreak, patience with each other becomes essential. Grief can make communication difficult, yet it is often the small gestures, sitting together quietly, sharing a memory, or simply acknowledging the pain, that keep partners connected during the darkest moments.

The presence of other children adds another emotional layer. Many grieving parents struggle with guilt: guilt when grief makes them feel distant, and guilt when moments of normal life return. Yet caring for the children who remain is not a betrayal of the one who has died. In many ways, it is a continuation of the love that defines parenthood.

The reader responses in this issue remind us that families do not have to carry such loss alone. Some respondents have experienced similar heartbreak and speak from personal pain. Others simply offer compassion and encouragement. Together, these voices reflect the strength of shared humanity.

Healing after the loss of a child does not mean forgetting. It means learning, slowly and painfully, how to live while carrying that love and grief side by side. And sometimes, the first step in that journey is knowing that others are walking it with you.

Victoria Kyolaba

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