



The #AlwaysSparkleInitiative | Every Heart Matters

Always Sparkle By Kyle Activity Book

In loving memory of Sparkle Kyelle and in honor of her brother, Kyle

Healing, Reflection & Strength for CHD Parents and Bereaved Families

The Always Sparkle Adult Guided Journal is a compassionate, heart-centered journal created for parents, caregivers, and families navigating CHD, grief, trauma, or emotional recovery. Inspired by Sparkle Kyelle's journey and the strength of her mother, this journal offers a safe space to breathe, reflect, and heal.

Inside, you'll find:

- ♥ Gentle guided prompts
- ♥ Emotional-support reflections
- ♥ Space to process grief, fear, and hope
- ♥ Pages for gratitude and grounding
- ♥ Healing affirmations
- ♥ Tools for navigating hospital days, advocacy stress, and loss
- ♥ A quiet place to honor your child's journey

This journal is designed for anyone carrying the weight of CHD, medical trauma, or bereavement, especially mothers and fathers who have walked through long nights, difficult decisions, and unimaginable moments.

As Always Sparkle by Kyle grows, this guided journal will become part of our future Sparkle Healing Essentials collection, supporting families with emotional care, reflection, and strength.

You deserve space to heal. You deserve space to breathe. You deserve space to Sparkle.

Every Heart Matters.

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