



Ways to Remember Your Baby

For some women, it is important to create a permanent memory of their baby. If a client chooses to do so, here are some suggestions.

Ways to Remember your Baby

- Start a memory box (this may be given at the hospital), and put into it, any of the baby's belongings, such as a rattle, blanket, or ultrasound picture. Include items from the hospital such as photos, a lock of hair, or footprint.
- Plant a rosebush or tree in memory of the baby
- Have a plaque engraved with the baby's name and birth date
- Write a letter to your baby
- Buy a porcelain or ceramic angel in memory of your baby
- Order a charm with the baby's birth date to wear on a chain
- Recognize the anniversary of your loss with a special yearly ceremony

Ways to Help Yourself

- Be gentle and kind to yourself
- Consider counseling or a support group
- Talk to a friend who cares about you
- Remember that crying and sadness are a part of the grieving process
- Don't make any big decisions right now because it is okay to wait a while
- Focus on getting through one day at a time
- Talk to your health care provider, pastor, priest, rabbi, or spiritual advisor about your loss