



SAYING GOODBYE

Miscarriage | Stillbirth | Infant Death | Loss of a Multiple

There is no right way to grieve

We all grieve differently. There is no time line and no right way to grieve. Make space for you and the ones you love to express your grief uniquely. Try to talk about it in an open and non-judgmental way so that hurt and misunderstanding don't build up.

Remembrances...

Services: funerals, memorial services and gatherings can be a helpful way to grieve personally and to allow others to show support and grieve.

Symbols: Some families plant a tree, donate a park bench or something symbolic in honor of their child. Other ideas...placing a wreath of flowers into the ocean or a stream, releasing lanterns into the night sky, supporting an animal shelter or community in need. Find something special that is meaningful for your family.

Art can be very therapeutic. Find a song or painting that seems to resonate with you. Journaling and meditation are also wonderful tools that make space for the grieving process.

It's not easy to say goodbye before or shortly after you have said hello to the baby or babies that you have anxiously awaited. Here is a list compiled by parents who have been in your shoes that may help you with ideas regarding how to preserve the brief memories you have with your baby.

* Look at your baby! Your baby is beautiful. You made him/her. You won't regret it. And take your time; there is no need to rush.



* Marvel at their fingers and toes, their tiny ears. Keep a lock of hair. Get footprints and handprints of your baby.

* Take LOTS of pictures. This is your chance to preserve whatever memories you can of your child. Take pictures holding your child, of your child alone,

of your child in different outfits that mean something to you, of your child's feet and hands

* Bathe your baby if possible. Nurses and staff can help with this

* Keep any blankets, hats or clothing that your baby wore. Often, hospitals will provide an extra set for the baby to wear so that you can bring the ones that you have in your photos home with you

* Talk to your baby. Kiss him. Hug her.

* Consider a religious ceremony such as a blessing or baptism if you would be interested. Hospital chaplains can guide you as to options related to your religious affiliation.

* If you feel comfortable, invite friends and family to meet your baby.