



# Remembering Your Baby

**Miscarriage | Stillbirth | Infant Death | Loss of a Multiple**

***You can do special things to remember your baby, even if didn't have a chance to see, touch or hold him. Remember your baby in ways that are special to you.***

You may want to: Collect things that remind you of your baby, like ultrasound pictures, footprints, a lock of hair, a hospital bracelet, photos, clothes, blankets or toys. Put them in a special box or scrapbook. Keepsakes like these can help you remember your baby.

Have a service for your baby, like a memorial service or a funeral. A service can give you a chance to say goodbye to your baby and share your grief with family and friends. Your hospital may have a service each year to remember babies who have died.

Write your thoughts and feelings in a journal, or write letters or poems to your baby. Tell your baby how you feel and how much you miss her. Or paint a picture for her.

Light a candle or say a prayer in honor of your baby on holidays or special days, like his birthday or the day he died. Do something on your own or bring family and friends together to remember your baby.

Read books and poems or listen to music that you like and find comforting.

Plant a tree or a small garden in honor of your baby.

Have a piece of jewelry made with your baby's initials or her birthstone.

Donate to or volunteer for a charity in your baby's name, or give something to a child in need who's about the same age as your baby would be.

Dedicate a project to your baby, like raising money to build a swing set in a park.