



# Mother's Day

## Video Podcast Episode 1

### Suggestions to honor your motherhood and your baby:

- Light a candle in memory of your baby.
- Plant flower seeds and watch it grow
- Plant a tree or plant
- Create a mothers day card and give to another loss mom
- Journal
- Pause-savor a cup of tea
- Write a letter for your baby and/or all your children
- Enjoy a walk, hike or bikeride
- Go for a drive out of the city and enjoy the scenery
- Go on a picnic
- Bake cookies and give to neighbors
- Pay for someone's order at a drive through
- Collect items to donate to a womens' or homeless shelter.
- Pray
- Enjoy some ice cream or frozen yogurt
- Talk, sing or read to your baby even if they are no longer here.
- Create! Tackle a craft project
- Purchase flowers and leave a flower for your neighbors with a special message
- Purchase flowers and visit a local cemetery. Leave a flower or spread flower petals on infant/child grave sites.
- Donate needed items to NICUs or children hospitals.
- Arrange a video chat with family and friends
- Turn on some music and DANCE!
- Release lady bugs or butterflies
- Enjoy the gifts and cards from others
- Eat cake!
- Collect donations and give to a local charity
- Take a bubble bath!
- Family game night
- Write your children's names out (in the sand can be fun!)
- Say your children's names.
- Play music- sing, piano, guitar
- Paint-
- Be still and breathe

Please adhere to your local and state governing officials orders and recommendations in regards to the coronavirus and social distancing.