



Remembering Your Baby

Podcast Episode 23

Date:

There are many ways to remember your baby. Below is a list of suggestions things you can do to create space and express your love for your baby. You can do this with your family, a friend or on your own.

- Light a candle in memory of your baby.
- Plant flower seeds and watch it grow
- Plant a tree or plant
- Keep a journal
- 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 your favorite dessert.
- 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.
- Release lady bugs or butterflies
- Cook or go to a restaurant to enjoy your favorite meal. Invite a safe friend to join you.
- Collect donations and give to a local charity
- Have a Family Fun Day
- Write your children's names out (in the sand can be fun!)
- Say your children's names.
- Sing, play or listen to music
- Get creative- paint or use other art mediums
- Be still and breathe