

## **Ideas for a Memorializing Your Baby**

These are JUST suggestions that may help you memorialize your baby. Do not feel you must do all or any of these suggestions, or that you can ONLY do these suggestions – use your imagination to come up with other ways on your own if it will help you in your grieving process.

### **Funeral Services**

- Choose a special song to eulogize your child. It is often helpful if the words have meaning to you. Print the words to the song on special paper or in a program and hand them out to friends and family at the service. Have a close family member or friend sing the song for the parents in honor of the baby.
- Bring a special stuffed animal, toys from siblings, cards and letters from siblings, pictures of family, or even a special piece of jewelry to be buried with your child.
- Choose a special outfit and/or a special blanket. Your child's identification bracelet is for you to keep, so be sure you have it off of your baby before burial.
- Ask a clergyman/spiritual advisor that is close to the family that you feel comfortable with to perform the service, as opposed to the funeral director.
- Mom and dad may want to write a letter to the baby that could be read at the service. A close friend or relative may be asked to read the letter aloud if the parents are uncomfortable doing so.
- Poetry that is special to the family or written by family members (especially the parents) could be read at the service.
- A balloon release at the end of the service is beautiful tribute to the significance of the child's life. Allowing siblings or close family or friends to release the balloons will aid in their grief, as well.

### **Memorial Services**

It is never too late to have a Memorial Service for your baby. An anniversary date is often a good time to hold the Service. The anniversary of the baby's due date or the baby's birthday are a few suggestions.

- Choose a special song to eulogize your child. It is often helpful if the words have meaning to you. Print the words to the song on special paper or in a program and hand them out to friends and family at the memorial service. Have a close family member or friend sing the song for the parents in honor of the baby.
- Bring sonogram pictures or pictures of the baby to be displayed at the service.
- Ask a friend or clergyman/spiritual advisor that is close to the family that you feel comfortable with to perform the service.
- Mom and dad may want to write a letter to the baby that could be read at the service. A close friend or relative may be asked to read the letter aloud if the parents are uncomfortable doing so.
- Poetry that is special to the family or written by family members (especially the parents) could be read at the service.
- A balloon release at the end of the service is beautiful tribute to the significance of the child's life.
- Light a Unity Candle at the beginning of the service and distribute small taper candles for all in attendance. Light each smaller candle from the Main candle in honor of the baby.

## **Memorializing Your Baby in Day to Day Life**

We often have pictures of family or friends hanging in our homes. We have mementos of vacations, jewelry to remind us of special people in our lives, or even give plants and flowers that bring to mind happy occasions. We can do all of these in remembrance of our children, too! They are gone, but NEVER forgotten.

- Display the baby's picture or sonogram photos in your home. Do NOT worry that some of your guests will be disquieted by the display. It is your home and your memories!
- Display the baby's ashes in a place of prominence. Again – your home.
- Take flowers, toys, holiday decorations to the cemetery to decorate your child's grave. Decorate your child's urn that may be kept in your home.
- Light a special candle in your home in honor of your baby during holiday celebrations: Christmas, Thanksgiving, Easter, Birthday Parties, Superbowl Parties, Tupperware Parties, etc. You are the only one who has to know the true meaning of the candle. The lighting of the candle can represent the light of life that should have been present with you at those happy times.
- Plant a tree or a perennial flower on your property in memory of your child. Check with the Parks Department/Grounds Keepers if you would like to plant a tree in a local park in memory of your child. Sometimes a plaque can be placed with the tree to honor your child.
- Purchase a piece of jewelry that will be meaningful in remembrance of your baby. Mother's rings with the baby's birthstone are a beautiful tribute to your child. There are also jewelry pieces that can hold locks of hair or can be engraved with your baby's footprints/handprints.
- Make donations to local children's charities, to schools in memory of your baby. Buying your baby toys at Christmastime can be symbolic, then the toys can be donated to needy families afterwards.
- Make donations of children's books to your library. You may place a sticker or stamp inside the front cover that reads, "Donated in loving memory of:" with your baby's name and honored date upon it.