

CARE CARD

This Care Card offers ideas to help you support us as we grieve and honor the life of our precious baby.

1. One of the most comforting things to say is, “I’m sorry.” This lets us know that you are thinking of us and recognize our pain.
2. Remember to ask about both parents. We both lost our baby, and though we may express our grief differently, we are both hurting.
3. Refer to our baby by name. It lets us know you remember, that our baby touched your life and is not forgotten.
4. It is okay to ask how we are doing. Our baby is always with us; you are not “bringing up” anything that’s not already there. We will let you know if we can’t talk about it. It may just be that time or day, so don’t think you can never bring it up again.
5. Respect that everyone grieves differently and in their own time. Don’t try to put a time line on our grief or expect us to “get over it.” Grieving the death of one’s child is a lifelong process.

Brought to you by  **the Western New York Perinatal Bereavement Network, Inc.**
in cooperation with **the Angel Names Association**

6. If you have any questions about the baby, please ask us. One day we may welcome this, another it may be too hard. But, it feels good when people ask about our baby. It gives us a chance to share our beloved child.
7. Anniversaries (birth/death day, due date), holidays, etc., may be particularly difficult for us. Let us know if you're thinking of us on these days. It will remind us that others remember and recognize how difficult our baby's absence is. Keep doing this: the difficult days will likely last a lifetime. Your continued support will be greatly appreciated.
8. Expect us to be different. Our child's death has forever changed us and added new dimensions to who we are. We may no longer laugh at the same jokes, may take life more seriously (or the opposite), may need more companionship or more solitude than before, but we are essentially the same - our core values tend to stay put.

What not to do: Please do not use platitudes to make us feel better. Saying, "It was meant to be," or "At least he didn't suffer," may intend to take away the pain, but most often they do just the opposite.