

## After Everyone Leaves

After the service is over, family members go home and you are left alone to think...

- Get grief counseling with your spouse.
- Talk to other parents who have lost babies.
- Attend a support group.
- Write letters to your baby.
- Journal your feelings.
- Do one thing that requires you leave the house everyday.
- Cry whenever you feel like it.
- If you want to smell your baby's blanket- do it!
- Subscribe to support newsletters.
- Read books about dealing with infant loss.
- Have footprints or handprints sandblasted onto glass ornaments for the Christmas tree or to use as sun catchers.
- Do some kind of art in memory of your baby- cross stitch, quilt, paint a picture.
- Talk to a minister or other religious leader.
- Do something nice and totally unrelated to your situation for someone else.
- Buy a holiday ornament in memory of your child every year.
- Take a nice hot shower or bubble bath with your baby's soap.
- Give yourself a license to grieve and don't let people try to take it away.
- Acknowledge your spouse will not grieve the same way you will. It does not mean one of you loves baby more or less.
- Go on a long walk in a quiet, serene place.
- If you need to- TALK! TALK! TALK!- to the cashier in the grocery store, the postman, the teller at the bank... their couple minutes of discomfort offers you lots of comfort. Sometimes you feel so much better if you just tell your story and get it out there.
- Accept all hugs and sympathy- why not? You are hurting!
- Do a scrapbook of your baby's pictures and ultrasounds.
- Cuddle extra long with your spouse.
- Write down every single detail of your pregnancy and delivery- good and bad.
- Write a detailed description of your baby.
- Know that people will say dumb stuff to try and comfort you. They just don't know what to say- Forgive them but correct them. It is okay to be sad and miss your baby- THAT WAS YOUR BABY!
- Collect teddy bears on baby's birthday to donate to the hospital or a charity.
- Look for grief websites and chat with members. You will be flooded with comfort and support.
- If you tend to space out- DO NOT GO FOR A DRIVE! You don't want to cause an accident.
- Let others help you.
- Talk to your doctor if you have trouble sleeping or have a rough emotional time. The doctor may prescribe a mild anti-depressant or a short term sleep aid that will allow you to get some rest.
- Try to eat. If you can't- or can't stop- don't worry, it will get better. Don't forget to keep drinking lots of water and take your vitamins.
- Share your weird thoughts with someone you can trust. Many parents have odd, morbid thought when their child dies.
- Buy a mother's ring or another piece of jewelry with your child's birthstone in it.
- Plant a special tree or flowering bush in memory of your child.
- Have a star named after your baby. [www.starregistry.com](http://www.starregistry.com)
- Sleep with your baby's blanket.

- Have a teddy bear made out of a special baby outfit. [www.remembermebears.com](http://www.remembermebears.com)
- Donate money, teddy bears or blankets to a local charity group or hospital in memory of your baby.
- Plant a special garden in memory of your baby. You can add little angels, windmills- whatever!
- Have a key ring engraved with your baby's name so you can take him/her with you.
- Make a stepping stone with baby's name on it for the garden.

Send birth/death announcements to friends and family members- this tells them without you having to tell your story a million times. [www.tearsoup.com](http://www.tearsoup.com)

- Buy a locket and have baby's name engraved on it and insert a picture or ultrasound shot.
- Have your baby's foot or handprint made into a rubberstamp and mark cards with your stamp. You can have mini stamps also made.
- Many parents choose a symbol (angel, star, butterfly) to punch or stamp onto cards to acknowledge their lost baby.