

# Memories of Your Baby

Creating memories of your baby can help coping with the grief felt when the time to say “hello” before saying “goodbye” is so short. The following ideas may be helpful in creating memories which are meaningful to you.

- ❖ Holding, seeing and touching baby
- ❖ Bathing and/or dressing baby
- ❖ Naming baby
- ❖ Photographs, videotapes, ultrasound pictures
- ❖ Journals and memory books
- ❖ Appointment cards for obstetrician visits
- ❖ Results of pregnancy test
- ❖ Memory boxes
- ❖ Identification bands
- ❖ Footprints
- ❖ Lock of hair
- ❖ Crib card
- ❖ Record of baby's weight and length
- ❖ Birth and death certificates
- ❖ Jewelry such as a baby's ring, beaded bracelets with baby's name or birthstone charms to wear on a chain or key ring
- ❖ Stuffed animal chosen for baby
- ❖ Scented stones in the shape of angels or hearts which can be displayed or placed in a memory box
- ❖ Clothing that was chosen for baby
- ❖ Blankets which were wrapped or chosen for baby
- ❖ Sachets of baby powder scent or special herbs
- ❖ Ornaments engraved with baby's name and date of birth and death to be placed on Christmas tree which show that baby will always be a part of the family
- ❖ Lighting a candle on special days in memory of baby
- ❖ Planning memorial or funeral service including favorite Scriptures, poems, and music
- ❖ Placing an obituary in the newspaper
- ❖ Designing or selecting a casket or cremated remains vessel or urn for baby's ashes.

There are many ways to honor and remember a baby who has died. Not all of these ideas may be desired by bereaved parents. As bereaved parents, you are encouraged to create memories which are meaningful to you. As you move toward healing, the memories of your baby can help provide comfort.