

**Key Points To Help You Find Solace In Your Religion and
Find Comfort Within Your Faith**

- If you turn to a member of the clergy who does not offer what you need, consider looking further. There are compassionate clerics and funeral directors who can guide you toward the rituals and comforts for which you yearn. Consider contacting a social worker or chaplain at the hospital where your loss occurred.
- If you would like a prayer offered on your behalf, consider asking a member of the clergy to do so as part of a regular religious service or during her private devotions.
- Consider naming your child to give the baby an identity, so you can refer to your infant with the specific warmth and affection parents reserve for their children.
- If you decide to bury your child, contemplate buying a little outfit for him to wear or toys to be placed in the casket.
- If the mother cannot attend the funeral or burial service for medical reasons, try to postpone it until she is able to attend. If this is impossible, schedule a memorial service after she has recuperated, or tape the burial for her. Be sure she has someone to stay with her during the ceremony if she cannot attend.
- Consider composing poems or prayers to your baby that can be read aloud at a funeral or memorial service. You may want to plant a tree or a perennial flower in honor of your baby that you can watch grow over the years, or make a charitable donation to honor your baby's memory.
- If you received thoughtless care from a member of the clergy, think about writing to explain what would have helped you. Try also to remember what a kindness it is to write a note of thanks when you have received sensitive care.
- Endeavor to accept that bad things sometimes happen for no reason at all and that the only meaning you can give your loss is how you integrate it into your life.

Kuhn, Ingrid and Moffitt, Perry-Lynn with Wilkins, Isabelle. "A Silent Sorrow-Pregnancy Loss: Guidance and Support for You and Your Family." (2000): 143-144.

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