

Kids Joining Eternity

Ways to Ritualize Your Grief

- Private service
- Create a memory book
- Compile some or all of the following, depending on how far advanced:
 - An early sonogram picture
 - A copy of other prenatal test results, such as a photo of the baby's chromosomes from amniocentesis
 - Footprints
 - A lock of hair
 - Naming certificate (certificate of life)
 - Birth certificate
 - Hospital ID bracelet
 - Letters of condolence
 - List of baby shower presents
 - List of contributions made in honor of the baby
 - A dried, pressed flower (this could also be framed) from the funeral
 - Photographs of the baby
 - A copy of the memorial or funeral service and any poems or prayers that were read to the baby
 - Artwork created by family and friends in honor of the baby, such as drawings made by an older sibling or embroidery done by a loving grandmother
 - A photograph of the mother while she was pregnant, even if she wasn't yet showing

Kuhn, Ingrid and Moffitt, Perry-Lynn with Wilkins, Isabelle. "A Silent Sorrow-Pregnancy Loss: Guidance and Support for You and Your Family." (2000): 228.

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