

HOW BEREAVED PARENTS MOURN

Mourning is the outward expression of grief. Like grief, mourning is unique to the individual. Some people choose to do nothing, while other people find actions or rituals that help them to make meaning of the loss of their baby's life. Here are some examples of what bereaved parents have shared with us in the mourning of their precious babies.

EARLY ON

Naming the baby
Spending time with baby
Bringing family / friends in to hospital to meet baby
Taking baby home to spend time (with cuddle cot)
Funeral (butterflies, balloons)
Religious ceremonies
Memorial space in house (with photos perhaps)
Lighting of candles
Burying baby, or baby's ashes
Planting a tree

LATER ON

Photos, memory box
Journaling (writing to the child)
Creating memorial garden, memorial sculptures, plaques
Photo of the baby's name written in sand
Tattoos
Visiting of grave or memorial site at times of significance
Making a video of the pregnancy and the baby
Raising money in the baby's name for not for profit or hospital
Donating cuddle cots to hospitals
Running marathon to raise money in the baby's name
Family rituals on the baby's anniversary
Christmas tree angel representing the baby