

Ways to Remember Your Child

There are many, many ways to honor the memory of your child as you move forward, whether you had a funeral or memorial service or not. Each person will feel called to remember their child in his or her own way. Here we have a few ideas that may inspire you.

- ❖ Make a keepsake box.
- ❖ Wear a mothers' necklace or ring (with the child's birthstone, or an engraving of their initials/name/date of birth/death); there are many places that sell pendants unrelated to pregnancy loss that would work well, but here is one that has a few loss-related options.
- ❖ Make or buy a rosary with or without your child's name on it.
- ❖ Journal or blog about your pregnancy and the baby's life and keep it out so others can see it or at least you can notice it from time to time.
- ❖ Engrave a small plaque or box with the child's name and date of the miscarriage/birth.
- ❖ Statues or small items that can be placed in visible locations as a memorial, such as this beautiful image of a guardian angel holding a baby.
- ❖ Attend or start an annual, local Mass said for children lost to miscarriage, stillbirth, or infant death.
- ❖ Purchase a Heart Stitch Bear and put your baby's name on their Wall of Remembrance.
- ❖ Include your child's name in any litany of Saints you say, or simply request their prayers on a daily basis.
- ❖ Have your child's name put in the Book of Life at the Shrine of the Holy Innocents in New York. (and visit, if you are able!)
- ❖ Frame ultrasound photos or footprints, if you were able to have either done.
- ❖ Make or buy a Christmas ornament. Here is one that is able to be customized; some have written "First Christmas with Jesus" or the baby's name, dates, etc.
- ❖ Plant a flower garden in memory of your child. A headstone or plaque could also be placed there.
- ❖ Buy a memorial plaque in your child's name from Catholic Cemeteries to honor your child.

