

Ideas for memorializing your baby

Even if your loss was some time ago, you may find it helpful to find ways to honour your baby's memory.

Create a memory box or scrapbook

You may have items that you had set aside for your baby, or you may have received "legacy items" from healthcare providers, such as:

- Ultrasound pictures
- Lab results confirming your pregnancy
- Appointment cards
- Hospital bands
- Home pregnancy tests



**If you do not already have these, you can request them from your doctor.*

You can also create activities or items especially for your baby.

Some ideas include:

- Lighting a candle on important dates
- Creating a special blessing or prayer
- Planting a tree or placing a plaque or a community bench
- Giving your baby a name and making a beaded bracelet, hanging a special ornament, painting rocks, or creating a memory garden
- Creating a memory box, keeping it in a special place, and revisiting it every year
- Creating a journal of writings to or about your baby
- Creating a scrapbook of memories from the pregnancy or birth
- Participating in community events or activities that support pregnancy or perinatal loss, such as community gardens, fun runs, etc.
- Asking friends and relatives to donate to a favourite charity in your baby's name
- Getting a tattoo of your baby's name and birthdate; hand or footprint; ultrasound strip from when your baby was alive
- Having a piece of jewelry made with your infant's ashes sealed inside