

Ritualize Your Loss



- ✿ *Burial. No matter how far along you were, a burial gives you, your close friends and family members (if you choose to have them present) an opportunity to say goodbye to your baby. Many funeral homes will do a burial for very low cost (or free).*
- ✿ *Name your baby. No matter how far along.*
- ✿ *Write a letter to your baby. Share all the things that you wished to tell them.*
- ✿ *If you are more creative, write a poem or create a piece of art*
- ✿ *Plant a tree. Nurturing and caring for a plant or tree can be very therapeutic.*
- ✿ *Buy and read a special book to your baby. "Love You Forever" by Robert Munsch is a beautiful book written about love after baby loss.*
- ✿ *Have a balloon release in honour of your baby.*
- ✿ *Celebrate due dates or birth dates by baking a cake, buying a card or lighting a candle*
- ✿ *Tell your story. Share your baby's name. Connect with other parents who have experienced loss.*
- ✿ *Create a space in your home that has mementos of your pregnancy and baby.*
- ✿ *Get a tattoo.*
- ✿ *Pay it forward and donate to PILSC Legacy Sponsorship program in memory of your journey and baby.*