



Activities for Healing After Your Baby's Death

After your baby's death, time alone won't heal the grief. These ideas may help.

1. **Take time to grieve.** Make time for your feelings, however painful. Play music to get to the passion of your grief. Go through mementos. You can also take a break from grief. Don't bury yourself in activity to avoid thinking about your baby.
2. **Do something with your feelings.** Write in a diary or journal. Put together a memory box or album. Make something you had planned to make for the baby. Design a headstone for the grave. Make a stitchery of your baby's name, birthdate, weight and length.
3. **Design and send announcements of your baby's life to family and friends.** Putting it in writing shows the significance of this loss in your life.
4. **Talk to others.** Let them know how you feel. Tell them what you need. Seek others who have gone through something similar to you.
5. **Exercise.** Do it even if you don't feel like it. It won't get rid of grief, but it will release some of the stress of grief.
6. **Put off major decisions for at least a year.** Delay changing jobs or moving to another town until you feel certain that you have come to terms with your grief.
7. **Be patient with your partner.** Everyone grieves his or her own way. Your partner may not show it the same as you do, but that doesn't mean he or she does not feel the loss deeply.
8. **Be patient with yourself.**
9. **Take time to say goodbye to this baby.** The desire to be a parent may be strong but give yourself time.
10. **Allow your next child to be his or her own person.** Choose a new name. Don't imply that the new child replaces this child by using their name. Each child deserves to have a special place in your heart.
11. **Reach out to others who are in need.** One mother chose to do random acts of kindness for others in her child's memory.
12. **Allow this child to change your life.** There is a gift in your child's short life. At first it may be hard to imagine, but in time you may be amazed at what you receive.

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