Practical Suggestions for Parents Whose Baby Has Died Due to Miscarriage, Stillbirth or Early Infant Death

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♥ Information/Education – find out everything you can about what happened to your baby. Buy a notebook; create a file.

♥ Ask questions.

♥ Include your other children in the family grief, including the visitation and funeral ceremony.

♥ Find out what you need to do now to take care of yourself for the future.

♥ Talk to others – especially those who have also had a baby die – share your feelings.

♥ Journal.

♥ Write a letter to your baby.

♥ Create a memory book or memory box. You’ll be surprised what special things you do have that can now be keepsakes: cards, notes, items from the hospital, special things purchased in anticipation of the birth, flowers which can be dried, a ribbon from a floral arrangement, etc.

♥ Include the baby in family celebrations by: talking about him or her, having something displayed which represents the memory of the child such as a candle, flower, plant or picture.

♥ Put away the baby things when YOU are ready, not when others tell you “it’s time.”

♥ Be ready for “helpful” comments of others (UGH!):
  “You can always have another…”
  “At least you have your other children.”
  “It’s better it happened now than after several years when you really knew your child.”
  This is a blessing…things probably would have been worse if it hadn’t happened now.”
  Also, the focus of concern is usually exclusively toward the mom, not the dad.

♥ Nurture your relationship with your spouse/partner.

♥ Seek a support group.
Take time making decisions.

Try to eat, sleep and get exercise

Embrace, renew or establish your faith

Pray

Be prepared for the “residuals” which will trigger your grief emotions to surface unexpectedly, such as:

- Mom’s post-pregnancy body, including her milk coming in
- People who don’t know about the death of your baby
- Junk mail advertising baby items
- Commercials
- Seeing pregnant women and families with babies
- The inevitable question: “How many children do you have?”
- Holidays

Remember that there is no right or wrong time to: name your baby; create a memory book or box; start a journal; put away or display reminder; cry...