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

By Sasha J. Mudlaff, M.A.

♥ 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 them, 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 that aren’t actually that helpful:
  “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 partner.
♥ Consider attending a support group.
♥ Take time making decisions.
♥ Try to eat, sleep and get exercise.
♥ Pray or meditate.
♥ Be prepared for the “residuals” which will activate your grief 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…