

Memory Ideas¹

Our need to remember is not a morbid preoccupation with the dead. Our need to remember is a natural part of the grief that must have way. A special member of our family is missing; missing, but still an integral part, an unseen member who leaves an empty chair at our table. We don't want to forget.

Each family is unique in the way they remember their child, however, the following ideas have helped many families as they seek to remember. . . .

Writing poems and stories about and to the baby are helpful. We were advised to write a letter to our baby, and we found it helpful telling her of our sorrow and heartache that she was not with us. Some of our family members also wrote poetry for her. They needed to get their grief down on paper, to tell her all the things they never had a chance to say to her had she lived. Write a letter to the baby and place it in the casket. Photocopy these so you can read them again later.

We placed a family photo in the casket alongside a single pink rose.

We were given a special candle in memory of our baby. Some families like to light a candle on the baby's birthday, Christmas, and other anniversaries.

Your other children may like to draw or paint a picture for their sister or brother.

A wall plaque with baby's birth and death details engraved is another idea worth considering, or a photo frame with a collage of baby's photos and details. Do you have photos of your living children around the house? Then it is only natural to have photos of your missing child if that is your wish.

Plant a tree or shrub. There are many beautiful plants available if you want to plant one in the baby's memory. Some have fitting names: Angel Face, A Mother's Love, Heritage, Mary Rose, Grace, The Fairy, Winter Rose . . .

¹ I got some of these ideas from <http://www.anencephalii-info.org/e/memories.htm>.