



## Writing Your Child's Story

You cannot hold your precious baby in your arms but you can hold your child in your heart. As time passes, your love does not fade but too often memories do.

It is important to cherish the memories of your child, not only for yourself but also for others to share. You can hold onto memories by writing down everything you can in a notebook, a journal, or create a scrapbook combining stories, mementos, and pictures. Your collection will be as unique as your child.

### How to start?

Write about your pregnancy, the birth, and all the days of your child's life that you shared.

- Write about whatever details of the death you care to retell.
- Write about the funeral, before, during, and after.
- Write about family and friends who helped you welcome your child and those who helped you to say goodbye.
- Write about how you feel (including your anger or maybe even guilt).
- Write as if you were talking to your child. It could be a collection of letters to your child about things you wish took place:

I wish I had said...  
I wish I had not...  
I wish you knew...  
I wish we could have...

- Most importantly, write about the love you have for your child.

This is a collection of memories to be held privately, or shared with family and friends. This project can be as big or as little as you want.

Embrace this opportunity to recognize your bond to your child and create everlasting memories.