



My Child

My child.

I hold the loss of you in one hand

And my unending love for you in the other.

My arms that were ready to protect and carry you home

Are empty now.

My voice that was ready to tell you stories and sing you songs

Is quiet now.

Instead my arms and my voice

Will hold your memory,

Honor your name,

Remember how your spirit touched the world

And forever changed me.

You are a part of me that no other person can ever be.

Our link is stronger than death and longer than time.

You will always be

My child.

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A note to families:

The death of a baby is a painful experience for a family. Learning how people grieve and thinking about ways to remember your baby can help ease your pain and help you heal. Visit [Share Your Story®](#), our online community for families. We also offer the free booklet [From Hurt to Healing](#), with information and resources for grieving parents.

You may wish to remember your baby in ways that are special to you:

- Collect keepsakes that remind you of your baby, like ultrasound pictures, footprints, a lock of hair, a hospital bracelet, photos, clothes, blankets or toys. Put them in a special box or scrapbook.
- Have a memorial service for your baby, or a funeral. A service can give you a chance to say goodbye to your baby and share your grief with family and friends. Your hospital may have a service each year to remember babies who have died.
- Write your thoughts and feelings in a journal, or write letters or poems to your baby, or paint a picture for your baby.
- Light a candle or say a prayer in honor of your baby on holidays or other days of recognition. Bring family and friends together to remember your baby.
- Plant a tree or a small garden in honor of your baby.
- Have a piece of jewelry made with your baby's initials or birthstone.
- Donate to or volunteer for a charity in your baby's name, or give something to a child in need who's about the same age as your baby would be. Dedicate a project to your baby, like raising money to build a swing set in a park.