



INFANT LOSS

A place for your love.

Remembering is optional. So is explaining.

For parents, caregivers, and loved ones grieving a baby. No retelling of the death is needed. Different forms of remembrance, including no activity at all, are welcome.

01 Choose whether remembrance fits today.

A name, a private note, an object, a quiet moment, or choosing not to do this. What feels manageable?

02 Decide what support looks like.

Who can help with meals, paperwork, other children, or a difficult conversation? Ask for one specific thing.

03 Protect one boundary.

What questions, advice, or situations are too much right now? What words or exit plan could help?

ONE PERSON TO REACH FOR

Someone who can offer presence or practical support, and what I might ask:



INFANT LOSS

Love, without a deadline.

A page you can leave blank and return to later.

You do not need to create memories, be strong for others, or grieve in the same way as a partner or family member. Stop if writing becomes overwhelming; choose support instead.

01 Something about my baby or our hopes I want held...

Use a name if you wish. Memories, hopes, or a simple sentence are enough.

02 What I need more of, and less of, right now...

Consider company, privacy, practical help, advice, or expectations.

03 A sentence I might say to someone who wants to help...

Example: "Please stay with me without trying to make this better."

CARE FOR THE NEXT FEW HOURS

One basic need I can ask someone to help me meet:

Further reading: NICHD: Grief and Infant Loss Resources

[Open the resource online \(click here\)](#)