



Planning a funeral or ceremony is very difficult. And to add another layer, your own baby. It can be quite overwhelming, so we put together some ideas of things to think about, to remember your loved baby on that day.

- Holding the funeral or ceremony on a specific day of the week with special meaning. Something to keep in mind, some places of worship will not allow burial on certain days.
- Requesting that others wear a special color, besides black.
- Including special items such as photographs, blankets, poems, letters, ceremony program, prayer cards, and flowers, in your baby's container, if burying your baby. Having your living children draw something special, or write a poem or letter, if older. *Copy and take pictures of these special items, or write it down. You may forget, and want to see and remember all that was in there. Also, you may want to keep part of the blanket or get an extra bear or toy, if you place inside with your baby, so that you can hold and cherish it.
- Writing a poem or letter, and reading it at the funeral or ceremony services.
- Asking for special songs, readings, and/or prayers.
- Requesting special vocalists or musical instruments such as the piano, harp, or bagpipe.
- Having specific readers at the service. If you feel okay, read something personal at ceremony or funeral about your loved baby. It is more than okay, if you cry during this time too. It is expected. You just lost your baby, and others know this, and grieve with you.
- Creating a ceremony program. This is something that someone with graphic and organization ability can help you in doing. It can be a little overwhelming to do, on top of everything else.
- Ordering prayer cards from the funeral home. You can personalize these with specific pictures, that they provide, and poems (either that you can write, or they have a book that you can choose from). Also, this is where you can write your baby's name, or a simple "Baby (Last Name)" can be done and date of birth and/or death.
- Remembering with flowers. This can be as simple as someone picking them up from the local grocery store. If there is a specific type or specific color, you may want to contact a florist in advance. Some places to consider flower arrangements at the ceremony or funeral: baby's casket, prayer card table, baby's grave, flowers to bury with your baby, flowers for families or parents to place on baby's grave, one to keep for yourself. These can overlap as well. For example, our baby's casket flowers we buried with our baby.
- Taking pictures. A photographer at your baby's ceremony or funeral can help create very loving memories for you to have. Many parents utilize this service to help remember their loved babies. Even asking a trusted friend or family member to do this for you. And requesting a few specific pictures to be taken such as your baby's casket, or a balloon release at the cemetery.
- Doing a balloon release at the cemetery. Again, special colors. And if you have living children, this could be something that they would feel important in releasing.
- Hosting a gathering afterwards. This is your time to relax, as much as possible. Holding this at a place other than your own home, may take the pressure off of you. We had already picked out a place for our baby's baptism party, so we continued with this venue and had it be our place of gathering after our baby's burial. Be sure to ask the place for any special requests such as food or dessert items. We asked if the baker could bake cookies in the shape of crosses with white frosting, and they were very happy to help us. They did a lovely job, and were very sensitive to our needs throughout the whole process.
- Placing your baby's obituary to honor your baby and to let others know of funeral or ceremony arrangements. This can be extremely difficult to do and write. Even picking up a paper, and seeing what others write can be helpful to writing yours. And if you choose not to do, it is okay. You can do one, whenever you would like, such as their one-month anniversary. Also, if you would like to send birth announcements instead of this route, that is always an option. Or you can even do both.