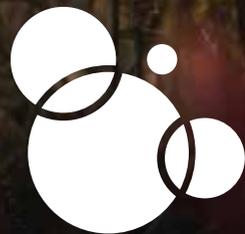


Losing a baby, long ago...
help and advice for the
older bereaved family



Little Things & Co.
The baby bereavement charity



Losing a baby was for many years the ultimate taboo subject.

Many families had a baby who died but never got to meet their child, see a picture or know where they were laid to rest.

This lack of acknowledgment, compassion and information has had a devastating effect on many families over the years.

When a baby dies we can feel like we have lost control. The decisions we wanted to make for our child have been taken from us. Making decisions for our baby, however small, and albeit not the ones we wanted to make can help to regain some of that lost control.

However, when the decisions are made for you, as they were for so many years, for so many parents,

it can cause serious problems with grieving for the child who has died.

Sadly, none of us can go back. We cannot change what happened long ago. But what we can do is acknowledge your very real suffering, the baby you had and the subsequent grief you experience.

For many people when we ask, 'What do you want?' after the loss of a baby, the overriding answer is obviously 'My baby back'.

We cannot do that, we wish we could. However, the next response is always 'for my child to be acknowledged, remembered and validated'.

We cannot change that your child has died but what we can do is provide you with ways in which to commemorate that they existed and that they were important.

The following things are recommendations on how to help you remember a long-ago loss.

Place a pebble at Little Haven – our dedicated Memorial garden (based at Derriford Hospital). All baby's pebbles are welcome, not just those who were born in the area).

Name your child – if you have not previously done. A name gives them a personal identity.

Prepare a memory box. Although you will be unable to obtain photographs or locks of hair, as is now encouraged, you can fill

it with special mementoes that remind you of your baby. Include a letter you have written to your child about the time you had together, however brief.

Include your baby's name in a book of remembrance (at a local cemetery or church).

Attend specific services for those affected by loss – i.e. Little Things & Co. hold an annual Wave of Light in October every year, to mark Baby Loss Awareness week.

Hold a 'Dedication service' in remembrance of your baby. This is a service provided by Little Things & Co. with a qualified celebrant to remember your baby.



How you may feel

Many parents have, over the years, explained their aged grief still consumes them and they have very mixed emotions. Here are just a few common feelings these families have reported, to show you that you are not alone.

Bitterness toward how they were treated including the lack of compassion, care and acknowledgement.

Jealousy toward newer bereaved parents. i.e. being happy things are changing but feeling sad they did not get the keepsakes and memories newer families are encouraged to make.

Assuming that everyone has moved on with life, and forgotten the child they had.

Feeling like they should be 'over it' by now and have moved on with life.

These feelings are valid and understandable. We appreciate these emotions you are experiencing and encourage you to attempt to make the memories within the leaflet.

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Please do not hesitate to contact us if we can help you with any of these suggestions.

For more information:

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Little Things & Co. CIO is a Charitable Incorporated Organisation registered in England and Wales.

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