

Surviving Christmas: A guide after the loss of a baby

- Do not make definite plans. Make tentative plans with those who understand and make it very clear it will depend on how you feel on the day as to whether you feel you can participate.
- Be very clear on this as otherwise it can cause disagreements later. You do not need more worry on top of your already anxious grief.
- Do an act of kindness in your baby's memory – give to a homeless shelter or charity, paying special attention to ensuring the recipient knows it is in your child's memory.
- Start a tradition – maybe a walk to a favourite place, toast your child at lunch or buy a new keepsake every year.
- Decorate your baby's resting place.
- Place a bauble on the tree at Little Haven Memorial Garden.
- Attend a dedicated Christmas Remembrance service for babies who have died.

Be gentle with yourself...
with love from the team at

Little Things & Co.

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

Charity registration number: 1165463



Little Things & Co.

The baby bereavement charity



As Christmas approaches it may feel like every which way you turn Christmas is being thrown at you.

When you lose a child, every day of the year can be hard, but at Christmas time it can feel exceptionally difficult.

The origins of Christmas are a baby being born and hope for the world. When your baby has died there seems to be no hope left. The ideology surrounding Christmas is 'perfect' families enjoying time together. When your world has been torn in half the perfect Christmas is the furthest thing from your mind.

In shops, work environments and basically any public place you go there are decorations, gifts and happy faces. Whether this is your first Christmas without your baby

or you are finding it particularly hard this year we aim to give you some helpful advice regarding surviving what is for some the most difficult time of the year.

- Remember that what you decide to do regarding Christmas is YOUR decision. Do not allow yourself to be involved in things you just don't want to. Be polite, but firm and explain very briefly that this year you would like to spend time doing exactly what YOU want.
- Include your baby, if you do decide to hang decorations and participate in the festivities.

There are lots of beautiful decorations that you can make or purchase to hang on your tree. Prepare yourself that if you go searching for a suitable bauble for your tree, you may come across other items that may hurt. Aim to go to companies who make bereavement items rather than generic.

- Choose the events you do attend with care. Only go to events and visits where you feel you can be honest and open that you are struggling. Or that you may need to excuse yourself suddenly.
- Avoid social media. Modern day technology has a way of making us feel pressured to have the perfect life and Christmas is no exception.

Enforce a ban for the days that are particularly hard and prepare yourself for what you may see.

- Be extra careful with your alcohol intake. Christmas is often associated with lots of merriment with alcohol, but alcohol can be a depressant. Only drink when you feel in the right frame of mind and never when you already feel sad.
- Do not assume that keeping busy will help. Sometimes it is better to stop. Just be. Avoiding grief does not make it go away. Acknowledge your sadness and give yourself time to stop.

