

Fife Sands
PO Box 29210
Dunfermline
Fife
KY12 2BS

01592 206924



Registered Charity No 299697
Registered Charity Address 28 Portland Place, London, W1N 4DE



Memorials and Remembering



Memorials and remembering

Some parents have vivid memories of their pregnancies; others may have had a chance to see and touch their baby while he/she was alive. But generally one of the hardest things about the death of a baby is how few memories families are able to take away with them of their child.

Some parents have been able to have their baby's footprints, a lock of hair or a photograph to cherish. For others this may have not been possible. There are, nevertheless, other ways to create something tangible that will remind you of your baby in the years to come.

Photographs and keepsakes

If you have a photograph of your baby, you may not choose to display it in a place where other people can see it. It is entirely personal. It may be in a book or a memory card, that you take out every so often. At home you can create memories in many ways: by keeping any photographs, keepsakes (a piece of clothing your baby may have worn, a pregnancy scan picture, a teddy someone bought him or her), your pregnancy notes perhaps, or letters you may have been sent, in a box or drawer that is dedicated to your baby.

If you have a garden you could think about planting a tree, a favourite shrub or rose in memory of your baby. You may have an object - a bench, chair or sculpture that's inscribed with your baby's name. It may be a smaller object you keep at home on a mantelpiece. Some parents have even got tattoos in memory of their babies.

Pastel or Pencil Drawings

For more information regarding portraits by Sue Fernandes, please ask for a leaflet.

Writing

Some parents have written poems about their babies. Some have found it helpful to simply write down how they are feeling. You may want to write a diary or a letter to your child. It doesn't have to end up as a book. Many parents have written down their personal experience of loss and have sent them to Sands. These are sometimes published in the magazine or on the website.

Anniversaries

The first anniversary is probably one of the hardest and, if you can, it is a good idea to take the day off work or out of your normal routine. Some families have told us that as the years go by they always try to do something different from the normal routine on their baby's anniversary. That's not always possible - you may be too busy - and don't feel guilty if you can't. You may want to light a candle, put flowers in a vase or go for a walk. You may have a gravestone to visit which may provide a source of comfort and focus for you.

Remembrance Services

Fife Sands holds three Services of Remembrance—April in Kirkcaldy, August and December in Dunfermline.

Creating a website and/or a Memorial Fund

Some parents have set up personal websites for their babies and more recently Sands has made it possible for families to set up an ['In Memory Fund'](#) - a website dedicated to their baby which also raises money for National Sands in memory of him or her.

Other ideas

Name a star, name a rose, release a balloon with a message tied on, wear a piece of jewellery with your baby's birthstone, or have their name engraved on some jewellery.