

marking the loss

Keeping the memory of your baby alive

THE
pink
elephants
SUPPORT NETWORK



marking the loss

The experience of early pregnancy loss can leave you feeling grief-stricken, isolated and empty. Sadly, these feelings are often made worse because the grief we are feeling is disenfranchised - that is, it isn't acknowledged by society - particularly in the case of earlier losses.

When you miscarry, there is no funeral and no way of saying goodbye.


Remembering your baby in a significant way can be helpful and healing. Allowing yourself to commemorate your loss and the loss of the future hopes and dreams associated with it is a way to hold space for your grief and gain some closure at a time where there seems to be none.


Rituals and ceremony

Rituals and ceremony can bring comfort, healing and connectedness as well as an opportunity to experience reverence and a depth of meaning around your loss. It can also give you a sense of empowerment at a time when you feel completely powerless.

The ceremony can be as simple or elaborate as you wish. It may be something you and your partner would prefer to do privately or you may like to include your family and close friends. Whatever feels right for you.

It can be held in a place that is special to you, for example:

 in your garden

 in your home

 in nature/a park/the beach

If it's in your garden, a plant, a small statue and a water feature can be beautiful way of both remembering your loss and setting the scene. You may also like to release some balloons.

If the ceremony is held inside, a meaningful object, candle, shell, plant, flower and/or an ultrasound image can create a beautiful shrine for the process.





marking the loss

Many women have expressed that marking their loss really helps the healing process after miscarriage. That said, if it doesn't feel right to you, that is also perfectly ok.

Alternatives to holding a ceremony

If ceremony doesn't feel right to you, or you would also like to look at other ways to remember your baby, below are some more suggestions. This list is by no means exhaustive, and perhaps none of these options seem like the right fit for you, however we hope they give you some ideas to come up with your own special way to honour the memory of your baby.

Plant a Flower or Tree

Planting a flower or tree in your garden or even in a Remembrance Garden can be a beautiful way of memorializing your baby. You could bury a letter to your baby or an ultrasound picture underneath it and perhaps have a small plaque made to sit next to it.

Jizo statues are believed to be the protectors of children and unborn babies in traditional Japanese Buddhist teachings. They are often dressed in warm clothes to symbolize them being nurtured in the afterlife.

Create a Memory Box

A Memory Box can be a special place to store precious keepsakes associated with your baby. Ultrasound pictures, pregnancy tests, a letter or poem, cards that you received or anything that connects you to its memory.

Light a Candle

Lighting a candle on anniversaries and other special days is a simple way of experiencing active meaning around your loss. Commemorating the Wave of Light on

Pregnancy and Infant Loss Remembrance Day - October 15th - can also help you remember you are not alone in your grief.

Recognition Certificate

Recognition of Early Pregnancy Loss certificates are available in several Australian states - NSW, QLD, SA and WA. While it's not a legal document, it can help give you some validation around commemorating your baby. You will need a declaration to be completed by your GP or midwife and then lodged with Registry of Births, Deaths & Marriages.

Write a Letter

Being able to write down your thoughts and feelings can be extremely healing as a way to express what is going on for you internally. You can tell your baby about the hopes and dreams you had for him/her, how you felt when you were pregnant and how you're feeling now. You can keep your letter in a safe place, a memory box or even bury it.



marking the loss

No matter how much time has passed, it is never too late to mark your loss.

Name the Baby

Even though you may not know the sex of your baby, it can still be helpful to name them so as to create that extra level of connection by giving them an identity. As an alternative, you may like to name a star after your baby.

Cemeteries and Memorial Gardens

Many cemeteries have beautiful gardens devoted to children and unborn babies that are a truly special and peaceful place to sit, reflect and remember. Some also offer a space to have a small memorial plaque for your baby. Pregnancy & Infant Loss Remembrance Day services are often held in these gardens.

Other Suggestions:

- ♥ Buy a special piece of jewellery that will symbolize the memory of your baby
- ♥ Have an artwork created that you can hang in your home as a reminder of your baby
- ♥ Get a tattoo that will have special meaning and that will be with you always
- ♥ Raise money for charity in their honour, or contribute to an online memorial site

"The best and most beautiful things in the world cannot be seen, nor touched but are felt with the heart." Helen Keller



You can find more downloadable resources on our website

pinkelephants.org.au