

Remembrance Ideas For Your Baby's Birthday or Anniversary

- Have your baby's name engraved on the inside of your wedding or special ring.
- Buy or make a piece of jewellery with your baby's birth stone.

Birthstones By Month:

January: Garnet (dark red)
February: Amethyst (purple)
March: Aquamarine (light blue)
April: Diamond (clear)
May: Emerald (green)
June: Pearl or Alexandrite (pale pink)
July: Ruby (red)
August: Peridot (light green)
September: Sapphire (dark blue)
October: Opal (multicolor)
November: Yellow Topaz (yellow)
December: Turquoise or Blue Topaz (light blue)

- Organise something to mark the day within your religious culture -ie, Mass
- Go to somewhere special and release a balloon.
- Light a candle.
- Write poetry to or about your baby.
- Write a letter to your baby.
- Place a patch on the ISANDS Virtual Quilt or make a patch for one of the small National Quilts.
- Organise a Coffee Morning, Afternoon Tea Party, Teddy Bear Picnic, Rite Ingredients Tasting Night, Musical Evening for friends and family and give proceeds to a charity. (Packs for Afternoon Tea Part and Teddy Bear's Picnic available form ISANDS)
- Buy something for your other children to mark the special day.
- Buy a rose or tree for your garden and add to the collection each year.
- Buy a garden seat and dedicate it to your son or daughter.
- If you collect ornaments add to it with a piece in memory of your son or daughter.
- Buy fresh flowers for your home to enjoy while remembering your baby.
- Make a scrap book that contains any or all of the following items: - pictures - cards - hospital bracelet(s) - birth/death certificate - poetry
- Create a photo album or collage.
- Plan a special meal with family/friends to celebrate a special date (i.e. birthday, anniversary)
- Contribute to a charity in your baby's name.
- Donate a children's or pregnancy loss book to your local library.
- Create a special place to keep or display your baby's things (i.e. blanket, outfit, hospital bracelets, other mementos, etc.) For example, a memory box, small toy chest, a curio, etc.
- Visit the cemetery and take some flowers.
- Write a message to your baby on a balloon and release it.
- Buy a special reminder of your baby for your work space.
- Buy a painting for your home.

Do something special for you even though you feel sad.

The listing above is only offered as suggestions that other parents have found helpful, please let us know if you have any ideas that could be added to list.