

Coping at Christmas

Whether you choose to celebrate Christmas in ways that you did before your baby died, make new traditions or bypass Christmas altogether, there is no set way to get through the festive period. Listening to your own needs, which may change on a daily or hourly basis, is the most important thing when making plans or spending time with others.

We asked the Sands Community to share ideas of how they remembered their baby over the festive period. Some people find this helps them cope:



Make or buy a special festive decoration in memory of your baby



Say your baby's name out loud and talk about them to friends and family



Donate a gift for a child who is the same age that your child would be, perhaps to a refuge or children's charity



Visit a special place – where your baby is buried, where their ashes are scattered, a memorial garden or favourite place for remembering them



Light a candle in memory of your baby



Write a Christmas card to your baby and keep it in their Memory Box or stocking



Use the days of advent to do random acts of kindness for others in memory of your baby



Put some special time aside to sit and remember your baby



Instead of sending Christmas cards, make a donation in memory of your baby

Sands offers a range of support services for anyone affected by the death of a baby. To find out more visit:
sands.org.uk/copingatchristmas

