

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, maybe with their name on



Talk about your baby with special friends and family so you have the chance to say their name out loud



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



Put some special time aside to sit and remember your baby before family celebrations, maybe lighting a candle



Send a card to someone you know who has experienced pregnancy or baby loss, now or at any time, letting them you are thinking of them



Visit a special place – a new or favourite place for remembering them - somewhere that supports your wellbeing



Plant a tree in memory of your baby either yourself or through a tree-planting organisation



Write a Christmas card to your baby to keep in your Memory Box or somewhere special at home



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



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



Attend a Sands Lights of Love Christmas service

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



Saving babies' lives. Supporting bereaved families.