

WAYS TO HONOR YOUR CHILD

Remember, there really is no right or wrong way to honor your child. Do what feels right or is best for you and your family. These are a few ideas:

- Plant a tree, flower, or garden in yard or community
- Release sky lanterns in memory of your child on a special day
- Make a shadow box of items worn/used or bought for child
- Take memorial pictures at cemetery or cremation site or with urn
- Make a scrapbook
- Make or buy a piece of jewelry (bracelet, necklace, ring) with your child's name and date
- Get a tattoo (baby's name, initials, date, symbol)
- Take photos of something in nature that help you feel closer to your baby (light, butterflies, flowers, dragonflies, etc)
- Make a charitable contribution in your child's name
- Create a place in your home for your child's special things
- Name a star after your child
- Start a charity or non-profit to help others in your situation
- Start a blog; you can even make it private if you don't feel comfortable sharing your journey with others
- Do a balloon release
- Participate in March of Dimes walk in your baby's name
- Order a Molly Bear
- Get a custom portrait made (available for babies at any age)
- Donate memory boxes to your local hospital
- Do a butterfly or ladybug release
- Order a Certificate of Life
- Speak his or her name to anyone willing to listen
- Collect little things here and there that remind you of your child
- Write a letter to your baby
- Create a memorial brick (Norfolk Zoo & Botanical Gardens)
- Create a birth or birthday yard sign with baby's name (can be used yearly)
- Donate a bench for a park (can add memorial plaque with name)