

## Caring for Yourself after Infant Death

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- Take care of your body. Eat healthy. Rest. Reduce physical or emotional stress if possible.
- Drink plenty of water. Grieving dehydrates the body.
- Give yourself as much time as you need for deciding what to do with the baby's things.
- Ask for help when needed.
- Let others know that just listening is what's most important.
- Find good listeners when you feel like talking and good distracters when you feel like doing something. Getting your mind off the situation for periods of time is healthy.
- Talk about your feelings, and remember that all feelings are normal.
- Write about your feelings in a journal.
- Do things to remember your baby. Memorials (like planting a tree or lighting a candle) or making a memory book keeps you connected with your baby.
- Expect that support from family or friends may lessen as time goes by. This doesn't mean that people have forgotten your baby.
- When you are ready, resume old relationships and seek new ones.
- Expect that some people are going to be comforting, available, and supportive, while others may not. Most people "don't know what to say."
- Books, websites, or articles about infant loss may bring comfort to you.
- Seek out spiritual support if needed.
- Explore support groups when you are ready.
- The assistance of a grief counselor may help you deal with your loss.

**To request counseling services, please ask parents or guardians to contact the Stepping Stones for Kids Program (727) 523-3458**