



Angels for Audrey



CARING FOR YOURSELF

AFTER THE LOSS OF YOUR BABY



ANGELSFORAUDREY.ORG



WE ARE DEEPLY SORRY FOR YOUR LOSS

This booklet provides information on what to expect physically and emotionally as you move through the first stages of grief in the hours, days, and weeks after the loss of your baby.

Our hope is that these pages offer comfort, guidance, and support.

You are not alone.



FOR MORE DETAILED
INFORMATION PLEASE VISIT:
ANGELSFORAUDREY.ORG

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"It seems strange to just go on now, and sometimes feel like I will always be sad, or if I am not sad, then I am just pretending."

Danielle



AFTER THE LOSS OF YOUR BABY

Experiencing a stillbirth or the loss of your newborn is traumatic and devastating. In the days, weeks, and months ahead you may feel overwhelmed by shock, numbness, sadness, and disbelief. It's important to have support and information to help you through this painful time as you try to make sense of what has happened. Intense grief is a natural response after your baby dies; however, everyone's experience of grief is different. You and your partner have the right to grieve in your own ways and at your own pace. There is no right or wrong way to feel during this time — any feelings you have are okay.

Grief can affect you both physically and emotionally. You may notice frequent mood changes and find that you cry often and easily. It's natural to replay events in your mind and wonder what could have been different.

You may feel:

- Lonely or isolated, thinking others don't understand your feelings
- Worried this will happen again
- Guilty or responsible
- Angry
- Exhausted
- Fragile and unable to cope

You may also feel:

- You are 'losing your mind' and that simple things don't make sense anymore
- You are 'living in a fog'
- You are unable to cope with ordinary everyday tasks and have difficulty concentrating, remembering things, or making decisions
- You have a desire to be alone and avoid even close family or friends
- The future holds no hope or joy

COPING WITH GRIEF

We want you to know you are not alone and there is support available to help you during this difficult time. There are also things you can do that may help you cope with your loss.

Take time to grieve. Pay attention to your feelings and accept them, however painful. Do not try to shut them off. Allow yourself to cry freely. You can also take a break from grieving — this does not mean you are being disloyal to your baby.

Find a positive outlet. Creative activities can help you connect with and express your feelings. You might create a baby photo album, plant a tree or a garden in memory of your baby, keep a journal, play music, paint, or draw. If you choose, you can send birth announcements to family and friends, raise money for a specific charity, or make a donation in your baby's name. Spiritual or religious practices, poetry, music, art, reading, gardening, volunteer work, and physical exercise can all offer opportunities for peace and healing during this difficult time.

Put off major decisions. Try to delay big life changes such as changing jobs or moving during the early stages of grief. When you're feeling better, you may feel differently about those decisions.

Reach out to others. Although you may not feel social, don't be afraid to lean on family and friends for practical and emotional support. When you are ready, it can also be healing to offer support to others who are grieving or experiencing difficulties. Random acts of kindness are a meaningful way to honor the memory of your baby.

Have compassion towards yourself and others. Do not blame yourself if you or others feel you are not 'getting over it' fast enough. Be as gentle and forgiving with yourself as you would be with a friend or family member grieving the loss of a loved one. As you begin to heal, think about how you can best care for your physical, mental, emotional, and spiritual wellness.

MENTAL, EMOTIONAL AND SPIRITUAL WELLNESS + THERAPY

Hormonal changes can lead to rapid mood swings, frequent crying, or difficulty sleeping; these usually do not require medical treatment.

How you can help yourself

- Eat a well-balanced, nutritious diet
- Move your body every day (walking, stretching)
- Sleep and rest when you can
- Ask family, friends, and healthcare providers for help when you feel overwhelmed or have mood swings

RESOURCES + SUPPORT

Visit your local health and grief support websites and search for these topics:

- After the loss of your baby
- Department of Social Services
- Department of Public Health
- Reproductive Mental Health
- Eating Well
- Physiotherapy
- Perinatal Loss Support Group
- Reproductive Mental Health

SUPPORT GROUPS:

Baltimore City Health Department
410-396-3100

Baltimore County Health Department
410-887-2243

Maryland Department of Health
410-767-6500

Stillborn & Infant Loss Support (SAILS)
410-941-9061

Center for Infant & Child Loss (CICL)
800-808-7437

Many healthcare providers can be contacted 24 hours per day. Reach out to your healthcare provider regardless of the time of day for support and information.

Remember you are not alone. Use the following strategies to help you balance your mental, emotional and spiritual wellness.

Share your feelings. Allow yourself to express your emotions in as many ways as possible. Talk to friends, family members, or trusted elders. Let them know how you feel and what you need. Be honest with them if you are not ready to talk about your feelings. Sometimes choosing a spokesperson to share news and information on your behalf can help, particularly with coworkers and a wider circle of friends. If you are not ready to talk, let your family and friends know. When talking is hard, you may find writing or other forms of expression — such as singing, dancing, deep breathing, or making art — helpful.

Be patient with your partner. Everyone experiences grief differently. Respect your partner's way of grieving and their timetable. If your partner is not showing grief the same way you are or does not wish to share their feelings, it does not mean they are not grieving deeply. Try to give them time to grieve at their own pace.

Connect with a grief support group or counsellor. Sometimes it's easier to talk to someone you don't know than to a friend or family member who may also be grieving or who may have ideas about how you should grieve. Participating in an in-person or online pregnancy and infant loss support group can also be helpful. Many people form deep bonds with others who have had similar experiences and understand how it feels to lose a baby.

To join an in-person or virtual Perinatal Loss Support Group, contact your local hospital, health clinic, or a national organization such as:

- chasingtherainbow.org
- pregnancyloss.org
- nationalshare.org

Contact your healthcare provider for support if you continue to experience these feelings without improvement over time.

Your health care provider can assess for depression or other conditions which may make you feel:

- Sad or anxious
- Irritable or angry
- Guilty or worthless
- Hopeless or overwhelmed
- It is difficult to care for yourself or manage daily activities

HONORING YOUR BABY: OPTIONS AND SUPPORT

Losing a baby is one of the most heartbreaking experiences a family can face. The way you choose to honor your baby is a deeply personal decision, and there is no “right” or “wrong” way to grieve or remember.

When you feel ready, you may wish to talk with a Funeral Director, who can gently guide you through the options available for your baby's final arrangements. Families often choose from three types of final disposition: cremation, in-ground burial, or above-ground burial.

CREMATION

Cremation is a common option for parents after the loss of a baby.

- Individual cremation: Your baby's ashes are returned to you and can be kept in an urn, buried, or scattered in a meaningful location.
- Families may hold a private or public memorial service before or after cremation to honor their baby.

BURIAL *(in or above ground)*

Traditional burial is another way to honor your baby's life.

- Some families choose a cemetery plot, memorial garden, or special infant section in a local cemetery.
- Many hospitals and nonprofit organizations provide infant burial programs, sometimes at no cost, for families experiencing pregnancy or newborn loss.
- You may wish to hold a small ceremony, plant a tree, or create a memorial marker at the burial site.

MEMORIAL IDEAS AND REMEMBRANCE

Finding ways to remember your baby can support your healing process. Some ideas include:

- Creating a memory box with photos, clothing, or footprints
- Planting a tree, garden, or flowers in your baby's memory
- Holding a small ceremony with close family and friends
- Writing a letter or journal entry to your baby
- Having remembrance photography taken by a professional experienced in infant loss

Your choices for honoring your baby are deeply personal, and every feeling you experience is valid. Take your time, and reach out to us for guidance through this difficult journey or for information on available financial assistance. Know that support is here for you.



*Get help immediately if
you are having thoughts of
harming yourself or someone else.*

**CALL 911 OR GO TO A HOSPITAL
EMERGENCY ROOM**

CALL 211
*(Maryland Information Network, 211 Maryland,
211md.org)*

TEXT THE 988 SUICIDE & CRISIS LIFELINE
(available 24/7 nationwide)

“We lost our daughter at 3 and a 1/2 months old. You never move on from losing a child. You will always miss them and yearn to be able to celebrate all their milestones that were to come. It is inevitable that you will have your good days and your bad ones.”

Heather



CARING FOR YOURSELF

Experiencing the loss of a baby is life-changing. The hours, days and months following a stillbirth or newborn loss can be especially difficult. Delivering a baby regardless of the outcome affects the whole family physically, emotionally and mentally. It is important for everyone to take care of themselves during this time. As the person who gave birth you can expect some specific physical changes to your body. It is important to care for yourself despite your grief.

YOUR BODY

HAND HYGIENE

Hand-washing is one of the most effective ways to prevent infection. Wash with soap and water, or use hand sanitizer to prevent infection as you tend to your wounds and care for yourself.

BELLY

Cramping (also called afterpains) is common after birth as your uterus contracts to return to its normal size. Cramping is often stronger when breastfeeding. It usually takes about 6 weeks for your uterus to return to its regular size.

To manage your cramps, take ibuprofen (Advil, Motrin) or acetaminophen (Tylenol).

If you had a C-section (caesarean) birth you may have staples or stitches in your lower abdomen. Staples may be taken out before you leave the hospital; stitches will dissolve on their own within 2 weeks. It is common to feel tender and numb around the incision (cut).

RESOURCES + SUPPORT

Visit your local health and grief support websites and search for these topics:

- [Social Work](#)
- [Postpartum mood](#)
- [Eating well](#)
- [Caring for yourself](#)
- [Physiotherapy](#)
- [Reproductive Mental Health](#)

Maryland Information Network
Dial 211
211md.org



How you can help yourself

- Keep your incision clean and dry
- Shower using milk soap and warm water and only pat yourself dry
- Give yourself time to heal by resting and not doing too much
- Try not to lift anything heavy (approx. 10 lbs) until after your incision heals
- Do not drive until you are able to move easily and without pain; driving may require sudden movements that cause discomfort

Call your healthcare provider if you had a C-section and notice any of the following:

- Redness around the incision (cut)
- Fluid or pus leaking from the incision
- Bleeding from the incision
- The incision opening or separating
- Increasing or worsening pain
- Fever over 100°F or chills

BLADDER

Having a baby can stretch and weaken the pelvic floor and occasionally damage nerves controlling the bladder. Leaking urine is common but most problems with leaking go away within 3 months of delivery when your body heals.

How you can help yourself

- Empty your bladder frequently in the first few days after delivery
- Attend a postpartum physical therapy or pelvic floor class at your hospital or clinic to learn how to locate and strengthen your pelvic floor muscles

Call your healthcare provider if you have

- Severe pain when urinating
- Constant leaking
- Urine leaking for more than 6 weeks after delivery

BOWELS

You may feel blocked or constipated the first few days after delivery.

How you can help yourself

- Drink plenty of water and eat high-fiber foods
- Take stool softeners (only use these for 5 days)
- Ask a postpartum physical therapist about pelvic floor retraining

Call your healthcare provider if you have

- Not had a bowel movement for more than 3 days after delivery
- Ongoing problems with constipation
- Are unable to control your stool

HEMORRHOIDS

Swelling near your rectum/anus. It is common to develop hemorrhoids after delivery, especially after a vaginal delivery.

How you can help yourself

- Use over-the-counter hemorrhoid cream
- Avoid straining during bowel movements
- Rest lying down to relieve pressure and reduce swelling or pain
- Take a sitz bath (sit in water up to the hips) for 10 minutes, 3 times a day starting 24 hours after delivery

Call your healthcare provider if you

- Blood in your stool (poo)
- Painful hemorrhoids that don't improve

BLEEDING

Vaginal bleeding can last up to 6 weeks following delivery. For 2-3 days after delivery, the blood will be bright red and the flow heavy. Bleeding will slow down and change to a reddish-brown color, then a pinky-white color before it stops. Exercise may cause increased bleeding. This is common and not cause for concern.

How you can help yourself

- We recommend using sanitary pads; we do not recommend using tampons
- If you had a vaginal tear, change your pad every 4 hours to reduce the chance of infection

Call your healthcare provider if you have

- Bright red, heavy bleeding even when resting
- Blood clots larger than a loonie over several hours
- Bleeding that fills a large pad within 1 hour
- Bleeding that lasts beyond 6 weeks

VAGINA

You may have had vaginal tearing during delivery, or an episiotomy (cut) requiring stitches. Your vaginal area will take time to heal. It is common to feel tender and sore for a few days or longer. Stitches will dissolve on their own.

How you can help yourself

- Place a cold compress or frozen sanitary pad wrapped in a thin cloth on the sore area for 10 minutes at a time for relief
- Have warm sitz bath (sit in water up to the hips) for 10 minutes, 3 times a day to ease pain
- Take ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) for pain
- Rest lying down to relieve pressure and reduce swelling

Call your healthcare provider if you have

- Vaginal pain that is getting worse
- Bad smelling discharge (fluid coming out of your vagina)
- Bleeding that fills a large pad within 1 hour



NUTRITION + EXERCISE

Start moving right away after you give birth and increase your activity gradually. Balance rest with activity. It takes time to heal.

Nourish your body. You may not feel like eating when you are grieving or, you may want to eat more than usual. However you are feeling, try to choose healthy foods to support your physical and emotional health.

How you can help yourself

- Ask for help with grocery shopping or meal planning; dropping off a meal or healthy snack can be a simple way for friends and family to show they care
- Visit trusted U.S. nutrition resources such as:
choosemyplate.gov or eatright.org

Exercise. Grief causes stress. Exercise can help you to relax and reduce stress. Listen to your body and give yourself a chance to regain your energy. When you are ready, exercise may help with the emotions you are feeling.

How you can help yourself

- Choose a form of exercise that you enjoy such as walking or yoga
- You can do more intense exercise when you are ready
- Reach out to your local physiotherapist to help you heal and feel stronger after birth.

SLEEP

Normal sleep patterns can be affected when you are grieving a loss. You may:

- Find it difficult to fall asleep
- Feel that constant thoughts of your baby or specific issues related to your loss prevent you from falling sleep
- Find yourself waking up frequently during the night
- Sleep fitfully or have disturbing dreams
- Wake up not feeling refreshed
- Feel you are sleeping too much

Sleep is an important part of the recovery process but it is common for people who are grieving to experience difficulty sleeping or notice changes in their sleep patterns. For most people, this is temporary and the issue resolves itself over time.

How you can help yourself

The best option is to engage in activities that help relax you:

- Drinking chamomile tea
- Drinking warm milk and honey
- Writing in a journal
- Reading or meditating
- Eliminating screen time for at least 30 – 60 minutes before bed
- Avoiding caffeine, sugar and carbohydrates for several hours before bed
- Practicing gratitude

You can find sleep remedies online, such as mindfulness apps, and your healthcare provider can also be a good source of information.

Whether your problem is falling asleep or staying asleep, try not to force sleep by staying in bed, but rather get up and do something relaxing. This could mean listening to music, reading, doing a puzzle or practicing yoga. Try to avoid electronic devices as these may be more stimulating than relaxing.

Sleeplessness can be caused by grief, but it can also be a symptom of depression.

Call your healthcare provider if

- Your sleep problems persist
- Your sleep interferes with your ability to function
- Difficulty sleeping is accompanied by other signs of depression

SEX + BIRTH CONTROL

Some people do not want to be sexual when they feel sad; others find comfort in physical closeness. Both feelings are common. Physically, it is safe to have intercourse or other kinds of sex once your stitches or tears have healed and vaginal bleeding has lessened.

If you are not emotionally ready to be sexual, talk to your partner. Your partner may or may not feel the same way but it is important for both of you to share your feelings. Cuddling, hand-holding and back rubs are other ways to feel close.

How you can help yourself


- Use a lubricant during sex to reduce vaginal dryness
- Express milk from your breasts before sex if you want to lower the chance of your breasts leaking during sex
- Explore other ways to be intimate with your partner if you do not want to be sexual

Call your healthcare provider if you

- Have severe, ongoing pain during sex more than six weeks after delivery
- Are worried about being sexual again, or if you don't feel interested in sex

The decision to become pregnant again is personal. You can become pregnant soon after your delivery even if you are expressing milk or before your period starts again. You may wish to be pregnant again or you may want to take time before becoming pregnant again. These feelings are normal. Talk to your healthcare provider about pregnancy planning and birth control options.

It is common to feel anxious when you are pregnant after a loss, but counselling or additional support may help you manage your anxiety. Another child will not replace the one you lost. If you decide to have another baby, think of them as their own person. Every one of your children will have a unique and special place in your heart.



“These are my white tears. Every drop I pumped in the hope that [she] would be able to come home one day and I could feed her a long time. Since she is at rest in eternity, these tears can go on to bless other babies who need a fighting chance with the gentlest food source they can have. There is so much love put into this. This is in honour of her”.

Sarah

LACTATION AFTER LOSS

The arrival of your breast milk after the loss of your baby can be difficult. Throughout your pregnancy, your breasts grow and change to prepare to feed your baby. This may begin as early as 12 weeks of pregnancy. Even though your baby has died, your hormones continue to signal to your body to produce milk; initially your breasts will produce colostrum or early milk which is usually yellow in colour. Then, about 2 to 5 days after giving birth (unless you dry up your milk), your breasts will produce milk that looks bluish white and increases in volume.

This milk usually comes in after you have left the hospital. When your milk comes in, your breasts will feel very full, and the pressure in your breasts will become uncomfortable. Some bereaved parents find the presence of milk upsetting and want to dry it up as quickly as possible, while others find it to be a comforting reminder of their ability to care for the baby they so loved and wished for. There is no right or wrong way to feel and it is your choice whether to donate your milk or dry it up.

RESOURCES + SUPPORT

Visit your local health and lactation support websites and search for these topics:

- [Parent Connection Store at GBMC](#)
- [Lighthouse Lactation](#)
- [Breastfeeding Den](#)

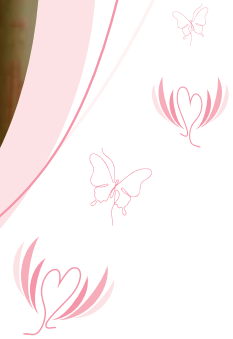
Breastfeeding Support Line
800-994-9662 OR
240-826-MOMS (6667)

DONATING MILK

Some people find that donating their baby's milk to a milk bank helps their grieving process. Donated milk may be life saving for other fragile and ill infants.

HOW TO START

After birth, begin expressing milk by hand about every 2–3 hours during the day and at least once at night. Use a breast pump once your milk supply increases beyond a few drops. Collect each expression in a separate container, such as milk storage bags or hospital-



approved containers. Ask your nurse or a lactation consultant for guidance on using a breast pump.

If your milk supply is already established when your baby dies, continue pumping 6–8 times every 24 hours to maintain milk production. Expressing milk can increase oxytocin levels in the early weeks, which may help with mood and reduce the risk of postpartum depression.

SCREENING FOR MILK DONATION

All donors, including bereaved parents, are screened to ensure the milk is safe. Screening typically includes verbal and written questions and some blood tests.

In the U.S., you can contact a HMBANA-certified milk bank (Human Milk Banking Association of North America) to complete a donor application. Your healthcare provider or lactation consultant can also help you get started. Most medications given at birth do not prevent milk donation, but check with the milk bank before using any herbal remedies, over-the-counter medications, or dietary supplements. Once screening is complete, any amount of milk you wish to donate is gratefully accepted.

DELIVERING YOUR MILK TO THE MILK BANK

After screening, the milk bank will provide instructions on the nearest drop-off location. If your milk is stored at a hospital NICU, it may be sent directly to the milk bank by that hospital.

HOW TO STOP DONATING

How long you continue to express and donate milk is up to you. Some prefer to donate only once, others donate for a period of time. Once you decide to stop donating, you need to slowly reduce your milk production by decreasing the number of times you express or pump each day. To do this naturally, follow the instructions in *Drying Up Your Milk*.

DRYING UP YOUR MILK

You may wish to dry up your milk supply. The most comfortable and low risk method is to allow your milk to dry up over a period of time.

NATURAL METHOD

When your baby is stillborn, here are some suggestions:

- Wear a sports bra (stretchy material) to provide support. Binding your breasts is not recommended and is very uncomfortable as your breasts will get very full and often hard. Binding can also lead to a breast infection
- Let the milk leak into your bra – use breast pads to absorb the leaking milk. Change the pads once they become wet
- If breasts are very full, express only enough milk to be comfortable
- Use warm or cold compresses for comfort. Cold reduces swelling of overly-full breasts.
- Take pain medication such as ibuprofen
- Check your breasts for signs of infection (redness, tender areas) and call your healthcare provider if you develop flu-like symptoms
- Drink when you are thirsty; restricting fluids does not decrease milk production

If your baby dies after you have established a milk supply, you need to gradually stop expressing or pumping until lactation ends on its own. This may happen over a week or so. Leaving milk in the breasts causes milk production to slow and eventually stop.

1. Start by dropping one pumping session in the middle of the day
2. Continue to reduce the number of pumping sessions until you are only pumping once in the morning and one at night
3. The evening session is usually the last pumping session you will stop

If you have a lot of milk, gradually shortening a pumping session will help ensure your breasts are not sore and you are not uncomfortable. Pay attention to how full your breasts are and pace your expressing or pumping so you do not get blocked ducts.

Stopping pumping or expression sessions abruptly is very uncomfortable and can lead to blocked ducts. If you have flu-like symptoms or reddened painful breasts, you may have a breast infection (mastitis); contact your healthcare provider to confirm and get help.

USING MEDICATION

Using medication, especially in the first few days after birth, means you will not have to deal with ongoing milk production. Prescription medication used to dry up breast milk works by interfering with the production of prolactin, the hormone that causes milk production. Talk to your healthcare provider for guidance about using medication to stop milk production.

HERBAL REMEDIES

Ingestion of herbs such as jasmine flowers, sage, peppermint, lemon balm, and oregano has been promoted to stop milk production. Unfortunately, reliable studies have not yet been done to determine whether they work, or in what dosage. There are also concerns about additional ingredients in certain supplements that may be harmful.

Talk with your healthcare provider about traditional remedies for stopping milk production and work together to make a plan that is best for you.



RESOURCES + SUPPORT

We hope this booklet will help support your healing after your loss. Healthcare providers at your hospital or clinic are here to help you. Please reach out to them whenever you have questions or need information. The following resources can provide answers, guidance, and emotional support.

SEARCH THE FOLLOWING TERMS FOR MORE INFORMATION:

• Social Work	• Caring for yourself
• After the loss of your baby	• Physiotherapy
• Lactation after loss	• Eating well
• Breastfeeding clinic	• Reproductive Mental Health
• Spiritual Care	• Postpartum mood
• Indigenous Patient Liaisons	• Online Resource Library
• Miscarriage	• Support for grieving families

CALL YOUR LOCAL HOSPITAL/CLINIC SERVICES FOR SUPPORT

• Social Work / Counseling Services – Contact your hospital or clinic
• Perinatal Loss Support Group – Ask your hospital or local clinic for details
• Reproductive or Perinatal Mental Health – Referral may be required; contact your OB/GYN or primary care provider
• Physical Therapy / Postpartum Rehabilitation – Contact your hospital or clinic

OTHER SUPPORT SERVICES

pregnancyloss.org	nationalshare.org
afterlosssupport.org	mend.org
chasingtherainbow.org	

PRIVATE COUNSELLING

• West Wellness Group	westwellnessgroup.com 202-827-6967
• Angelica Mooney, Ph.D., LCSW-C	anhumsw@gmail.com 443-648-3148
• Kin-Etic Behavioral Health	kin-eticealth.com , 240-607-2679

SUPPORT GROUPS AND FINANCIAL SUPPORT:

• Angel's For Audrey, Inc.	angelsforaudrey.org
• Unite Inc.	unitegriefsupport.org
• Angel Names Association	angelnames.org
• Avery & Aubrey's Way	averyandaubreysway.org
• Stillborn and Infant Loss Support	bornintosilence.org
• Tears Foundation	thetearsfoundation.org

OTHER RESOURCES

- Miscarriage, Stillborn & Neonatal Loss Support Services
- Pregnancy and Infant Loss Awareness Day: [October15th.org](#)

POSTPARTUM SUPPORT SERVICES

Postpartum Care at GBMC: **443-849-2000**
The Womb Room: **410-450-4600**

REMEMBRANCE PHOTOGRAPHY SERVICES:

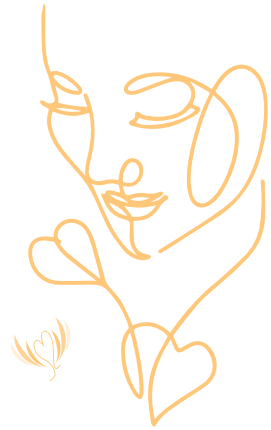
These highly skilled photographers can be dispatched to you to get professional photos as lasting memories.

- Now I Lay Me Down To Sleep: nowilaymedowntosleep.org, 720-283-3339



"I am so thankful [her] short life could teach me so much. I am more hope-filled, I forgive more, I cherish every second life gives me, and find gratitude in every moment".

Danielle





Angels for Audrey

Special thanks to the bereaved parents who generously shared their experiences and feedback in loving memory of their babies. This booklet was created by Angel's For Audrey, Inc., a nonprofit dedicated to supporting individuals and families through the journey of grief following the loss of a fetus, infant, or child. We are also deeply grateful to the healthcare providers and advisors who contributed their expertise, helping make this booklet a meaningful and valuable resource to share.

Mark your calendars: October 15 th each year as “The Wave of Light” as part of Pregnancy and Infant Loss Awareness Month. Individuals and communities around the world light a candle at 7 PM local time and leave it burning for at least one hour to create a continuous wave of light across time zones to remember babies who have died too soon, including during pregnancy or infancy. Your participation will foster a shared moment of remembrance, healing and support. When you participate, please use the hashtag **#WaveOfLight** on all social media to connect with others participating in this global event!

Thank you!

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ANGELSFORAUDREY.ORG

 [Angels4audrey](https://www.instagram.com/Angels4audrey)

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