

# CHILD LOSS GRIEF JOURNAL



**Baby's Breath**  
**Souffle de bébé**

THIS JOURNAL IS IN MEMORY OF:

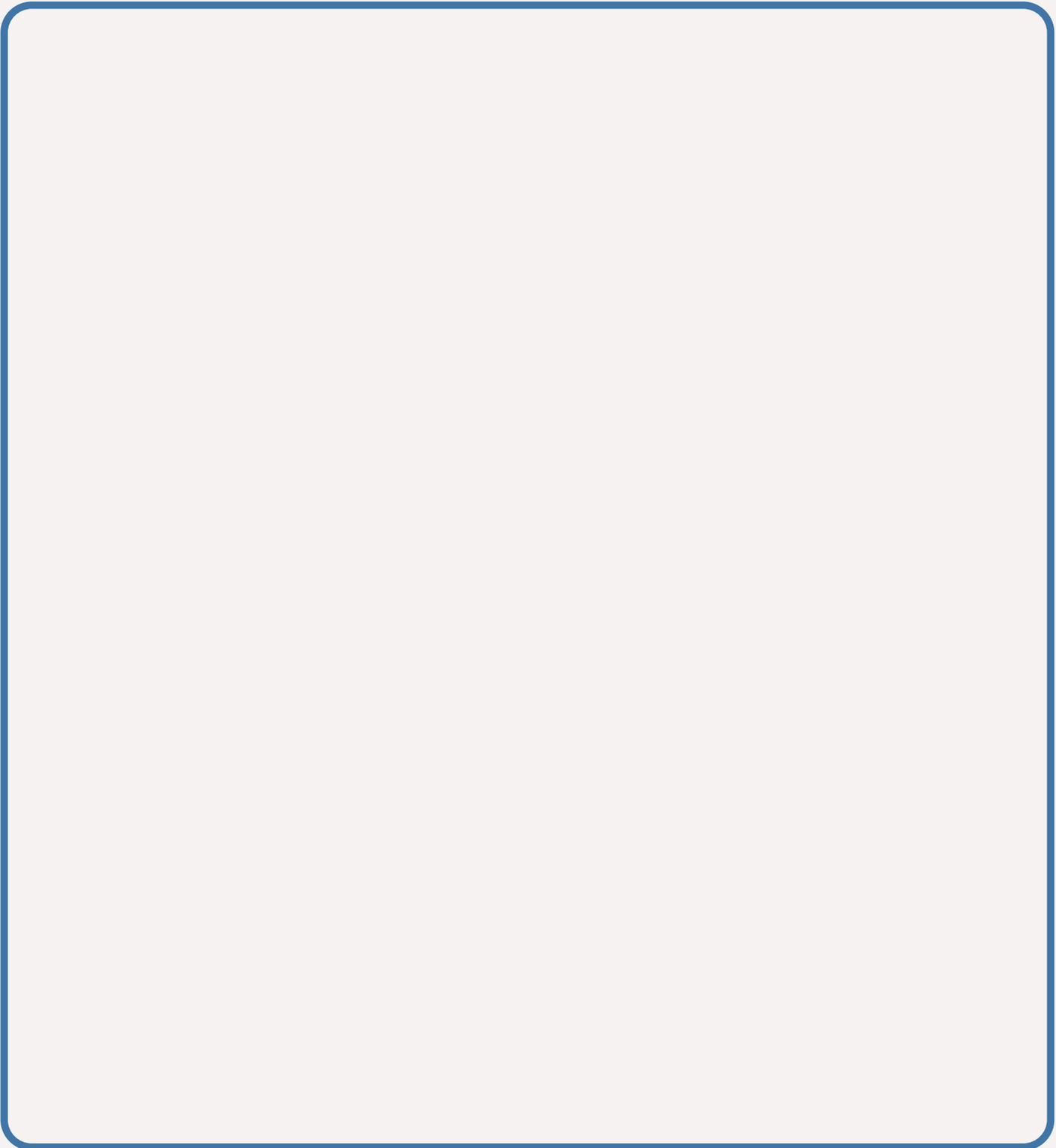


AGED:



TAKE SOME TIME TO WRITE ABOUT  
YOUR BABY

Reflect on their life, and the memories you carry of them:







# TODAY'S REFLECTION

Today is: \_\_\_\_\_

Today I feel:

Today I am missing:

Today I am having a hard time with::

# TODAY'S REFLECTION

Today is: \_\_\_\_\_

What are some mini-milestones you've accomplished today?

Today my intention is:

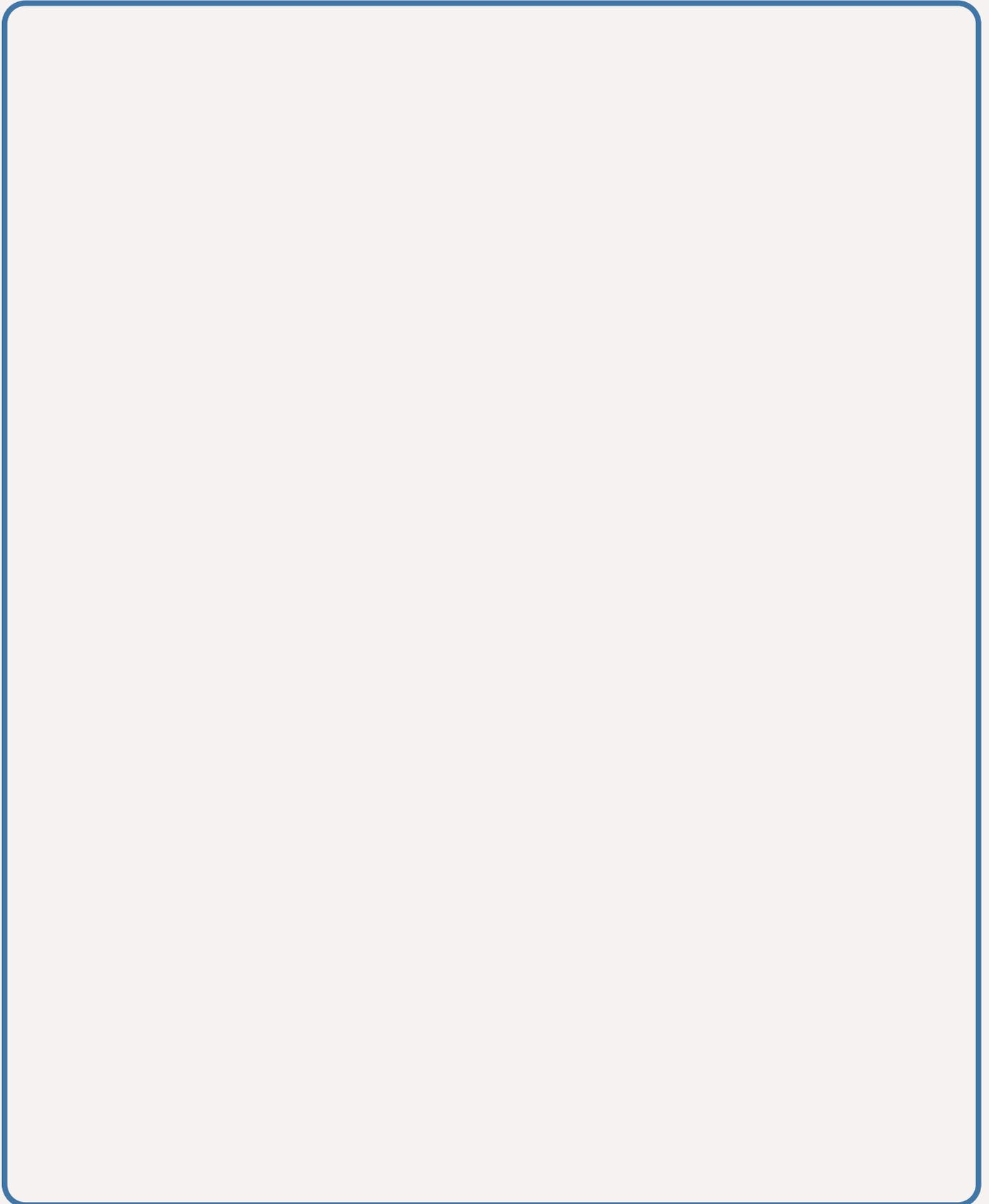
Things that made me smile today:

Today is: \_\_\_\_\_

What have you been doing to heal?

Today is: \_\_\_\_\_

What do you and your family do to honour and remember your baby?

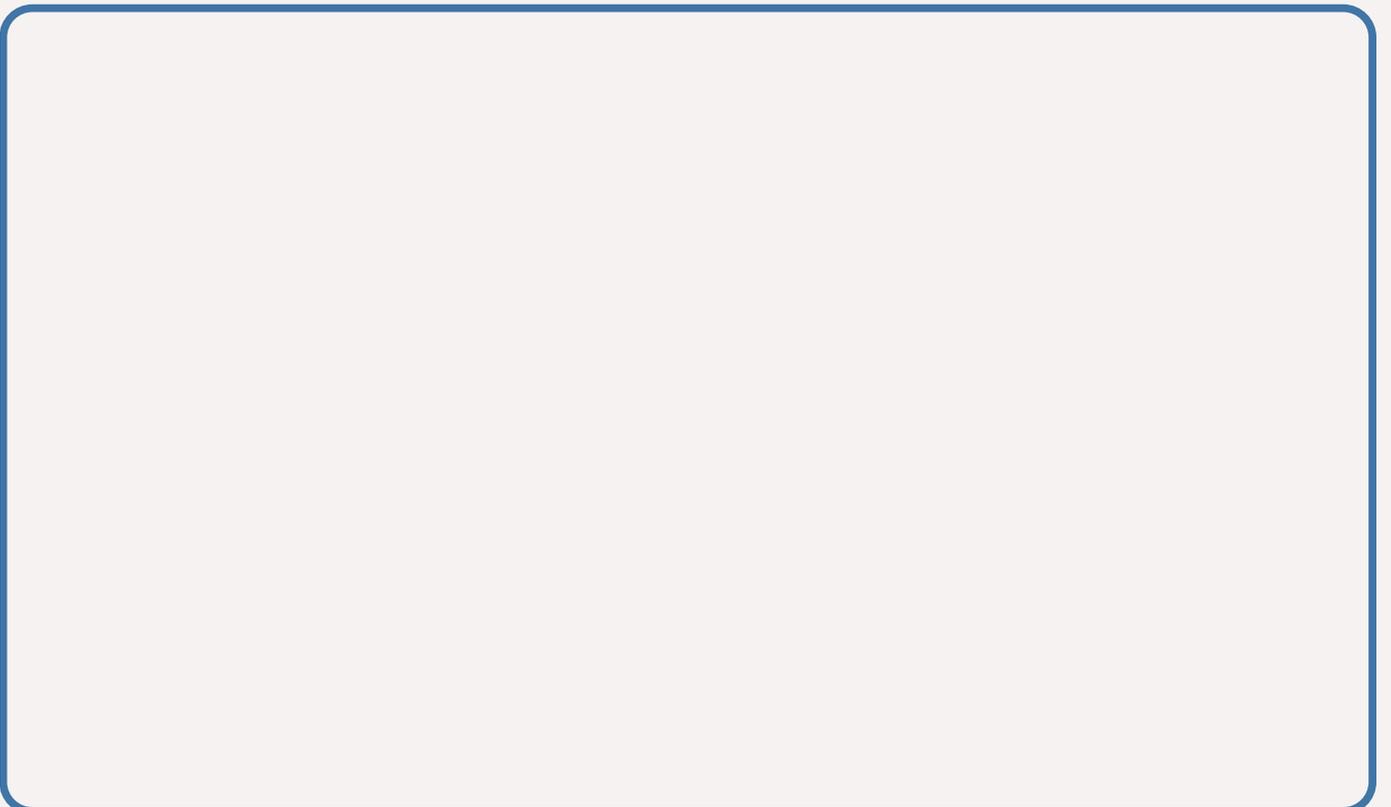


Today is: \_\_\_\_\_

What are your triggers?

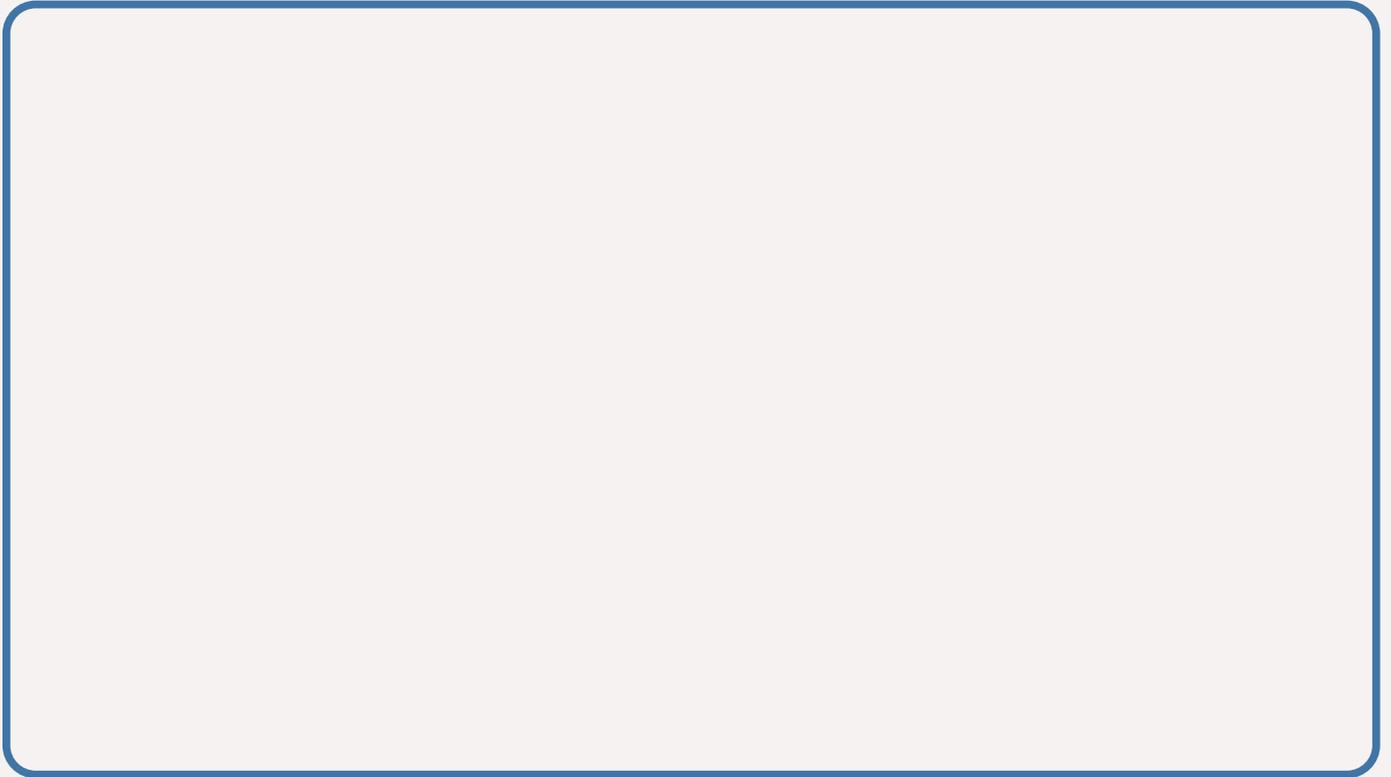


Thoughts I know are true, but I can't help from thinking are:

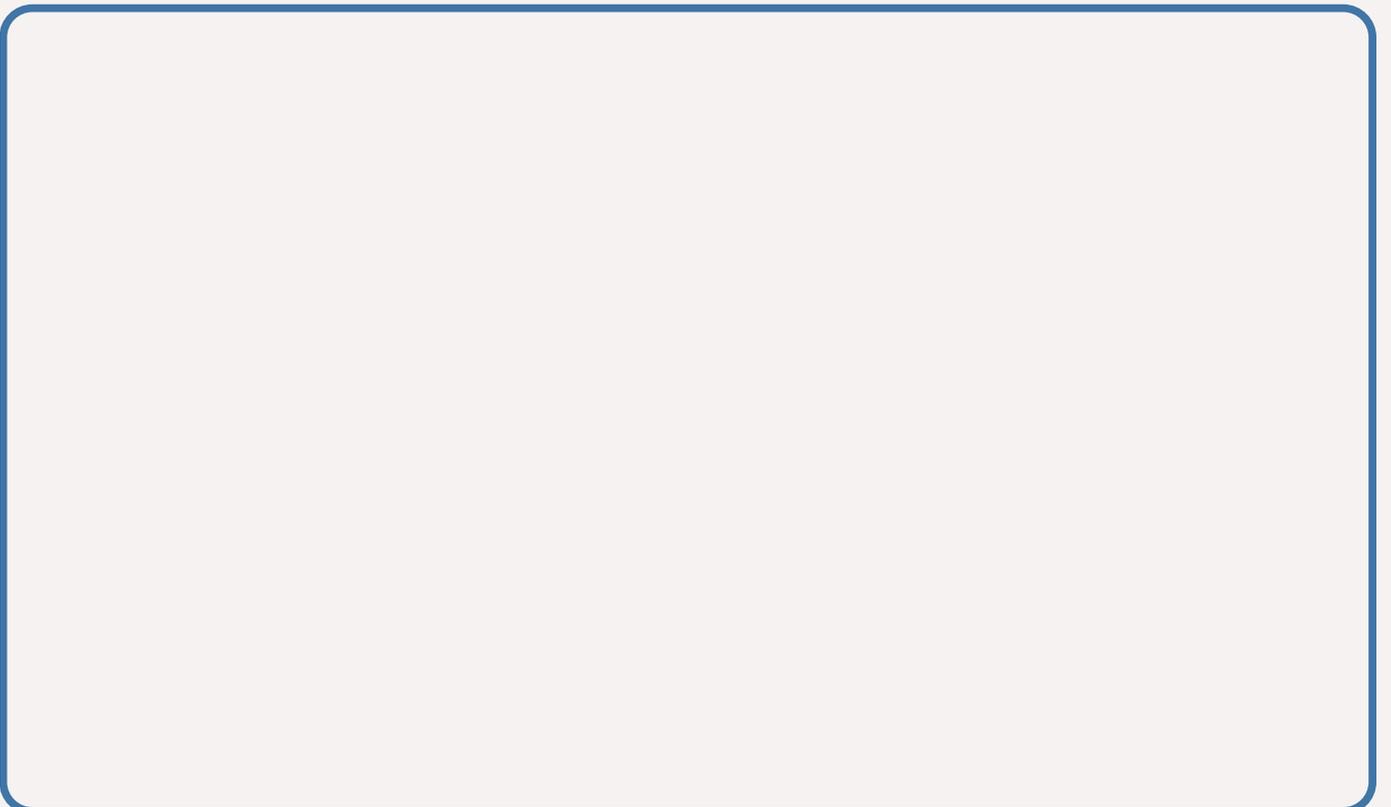


Today is: \_\_\_\_\_

I feel saddest when I remember....

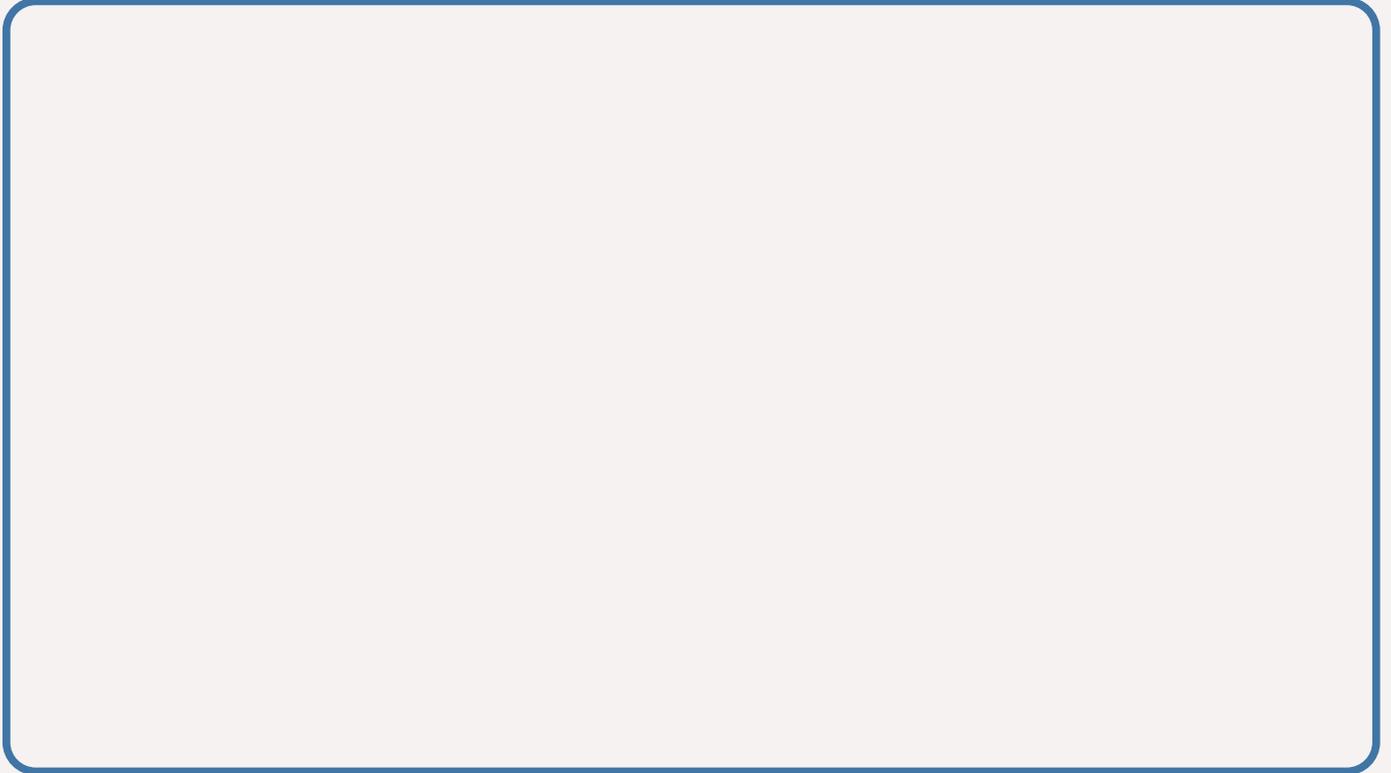


I feel happiest when I remember.....

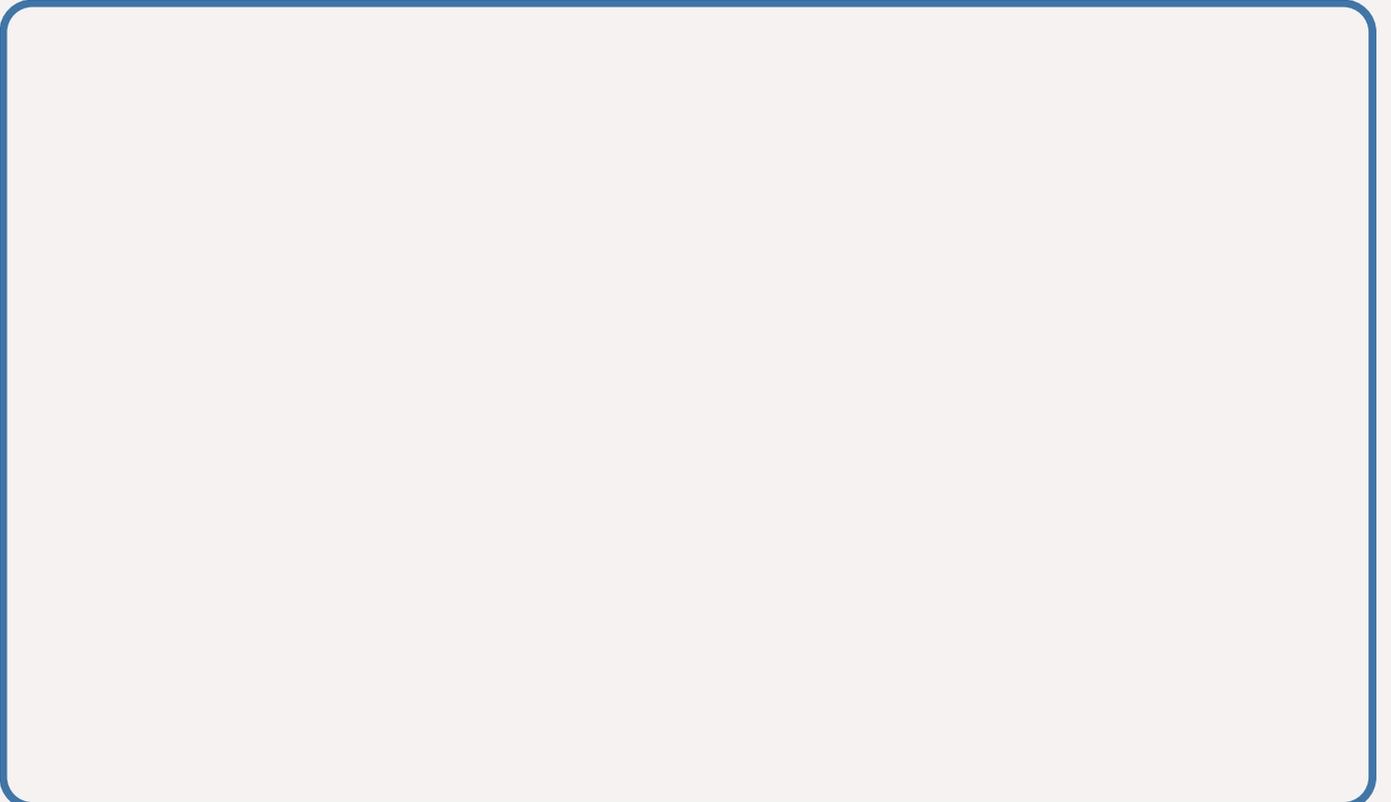


Today is: \_\_\_\_\_

List some ways you have been practicing self care:

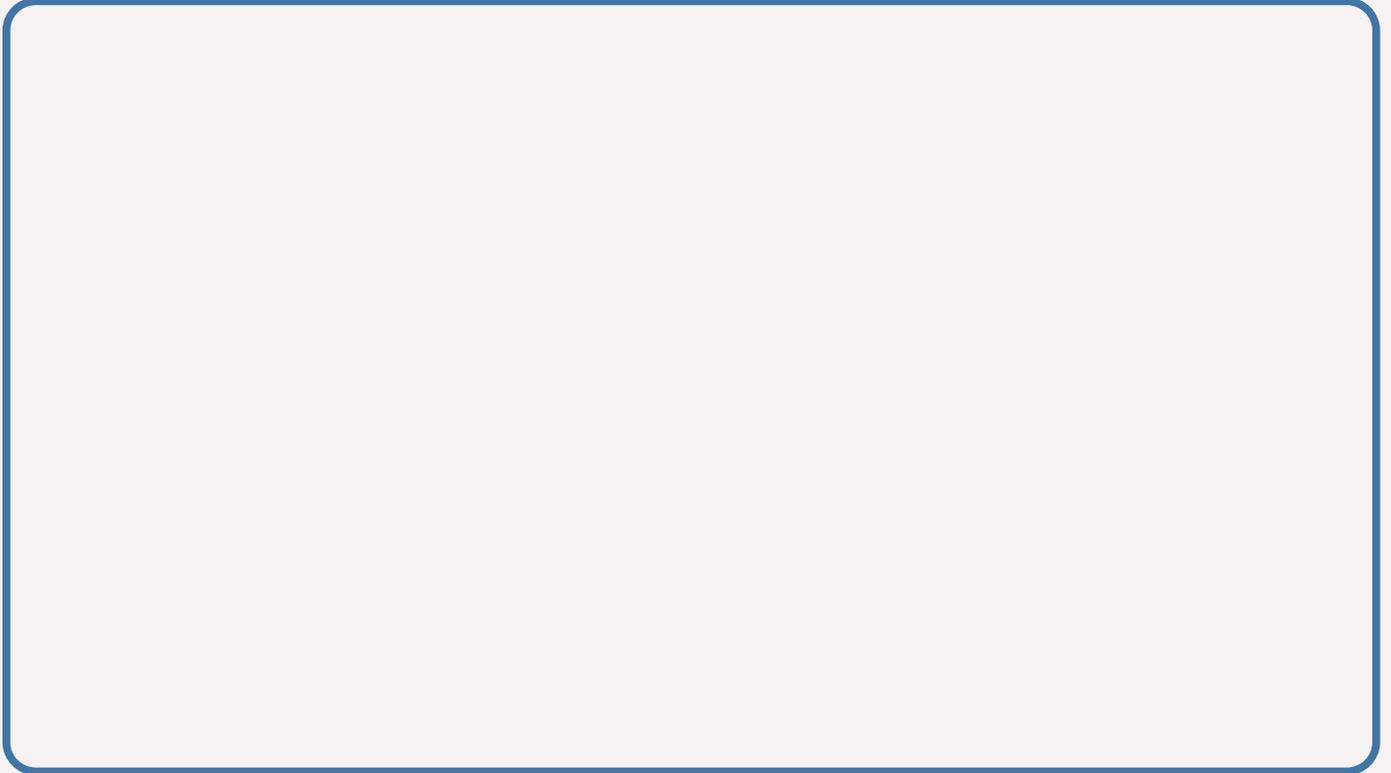


Who is your emotional support system?  
How have they helped you heal?

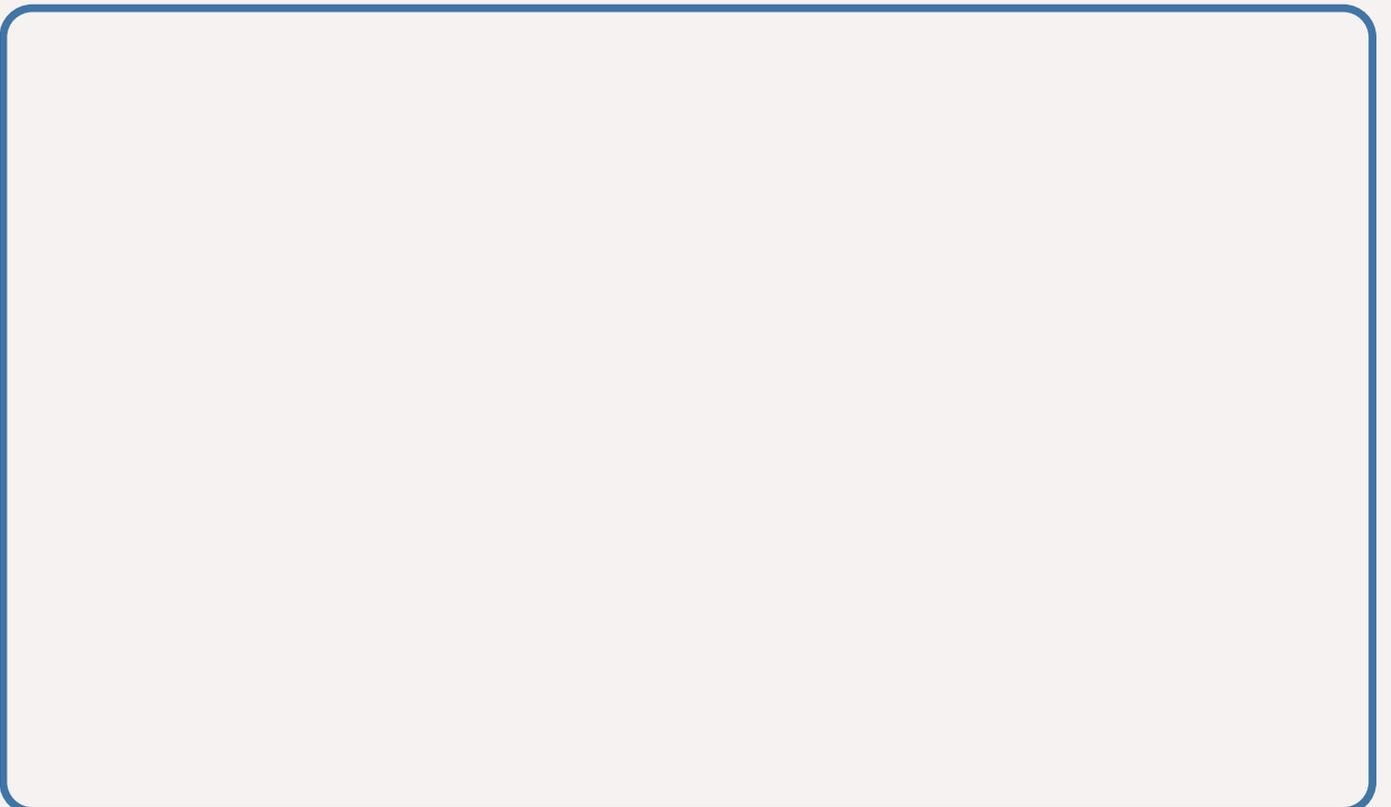


Today is: \_\_\_\_\_

I could use more of...

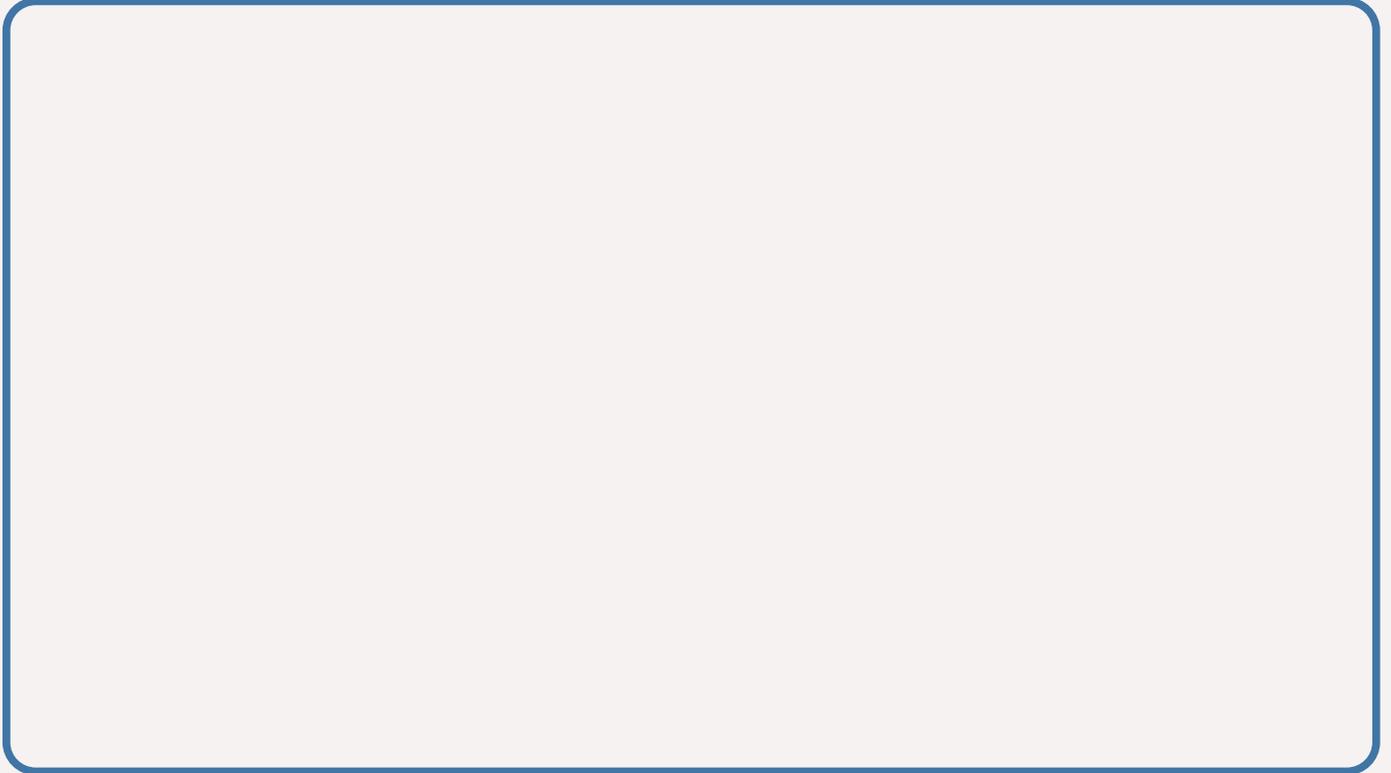


I could use less of...

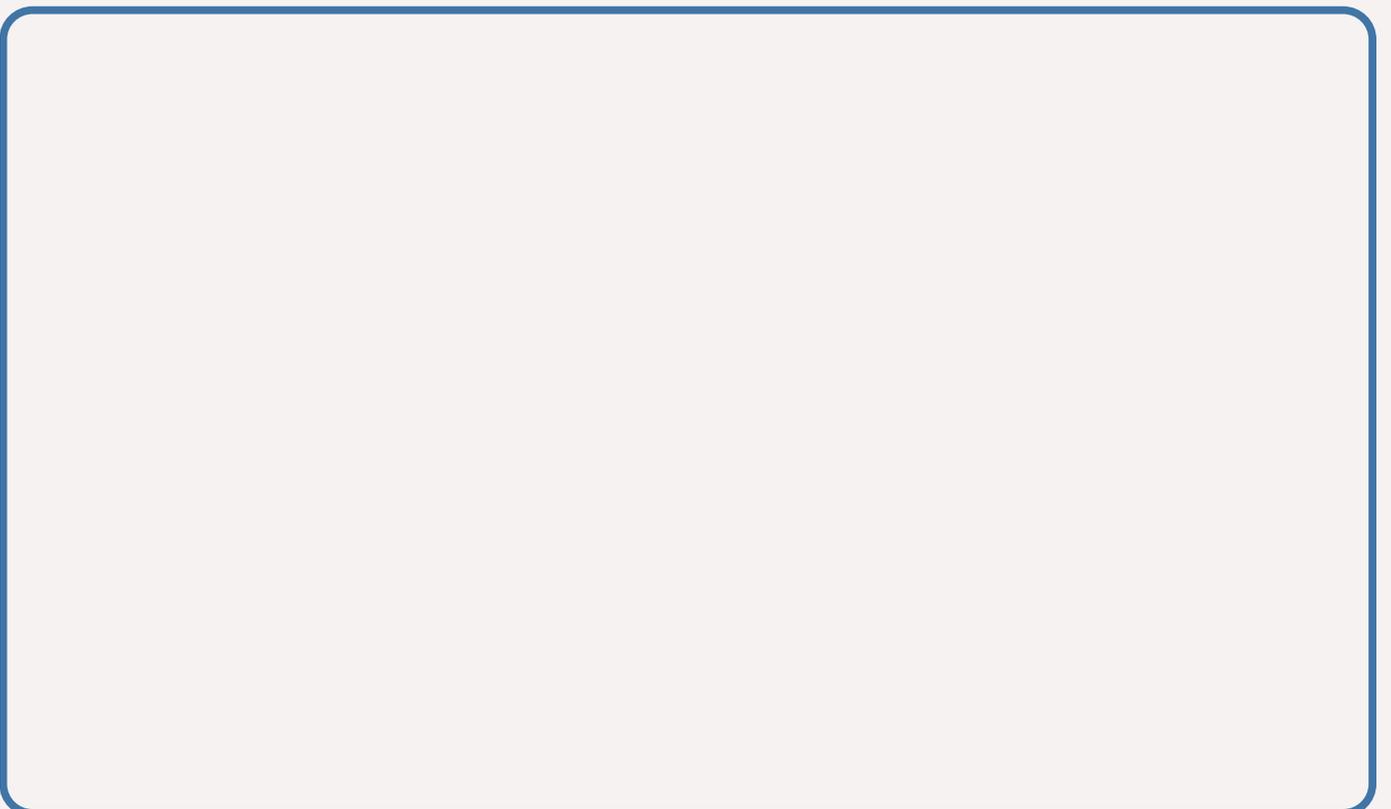


Today is: \_\_\_\_\_

The hardest time of day is...

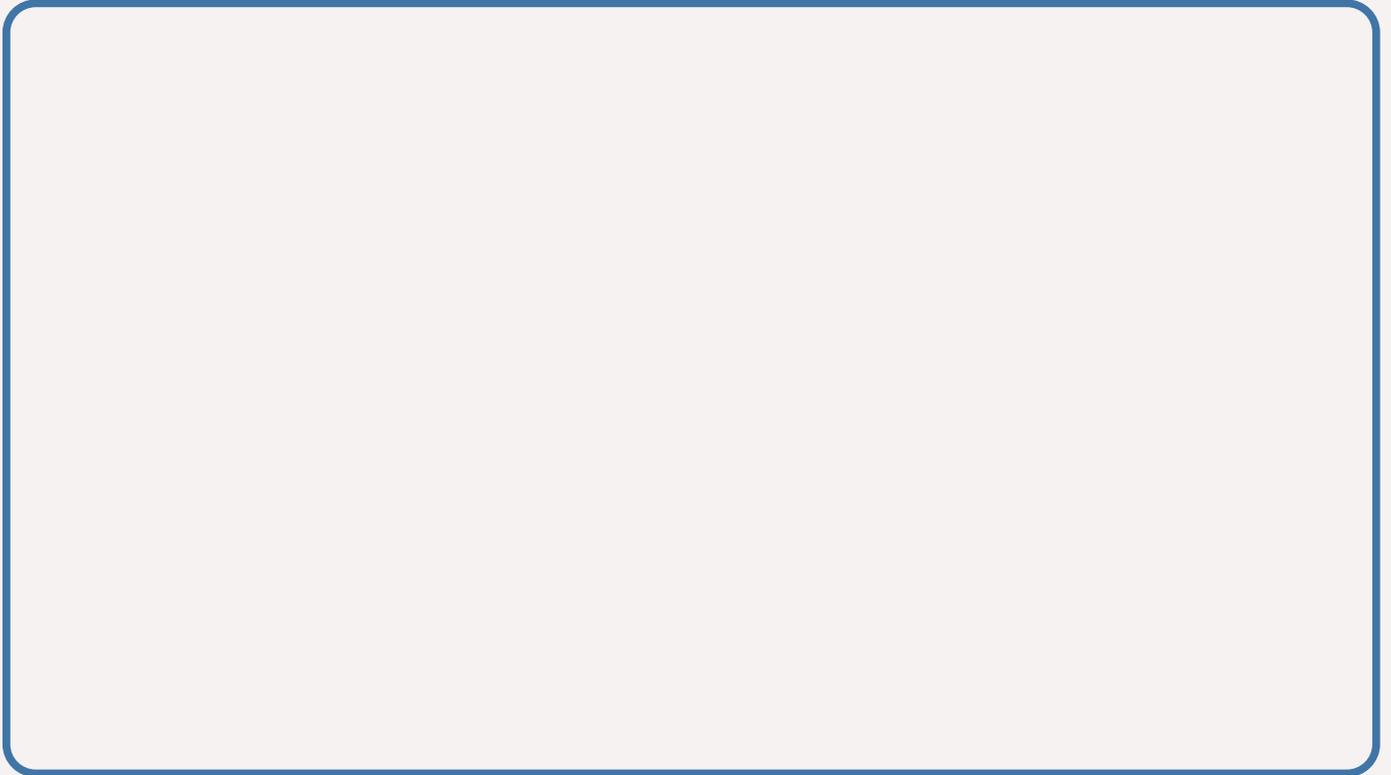


I have been feeling a lot of...

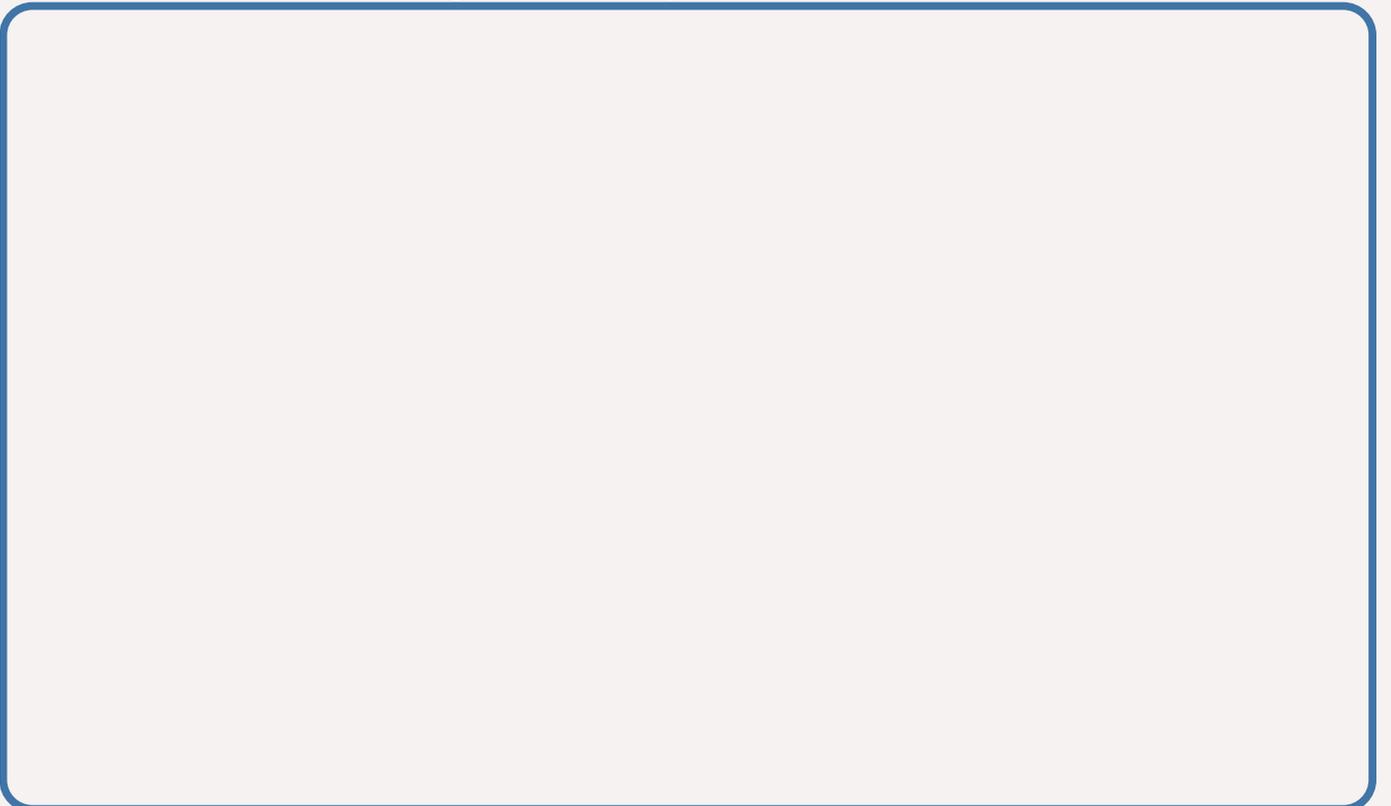


Today is: \_\_\_\_\_

To be more compassionate towards myself, I am willing to try...

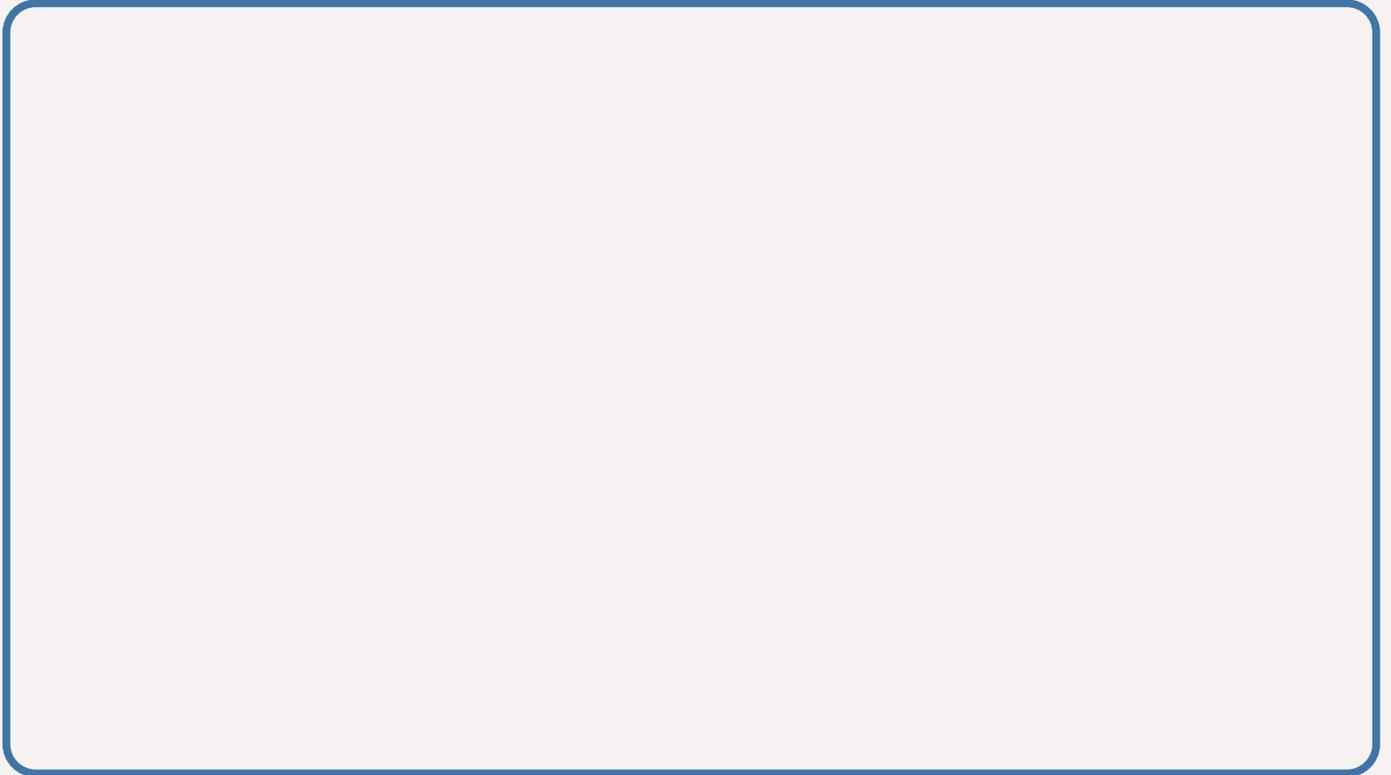


Whenever I start to feel overwhelmed by pain, regret,  
guilt, or despair, I will...

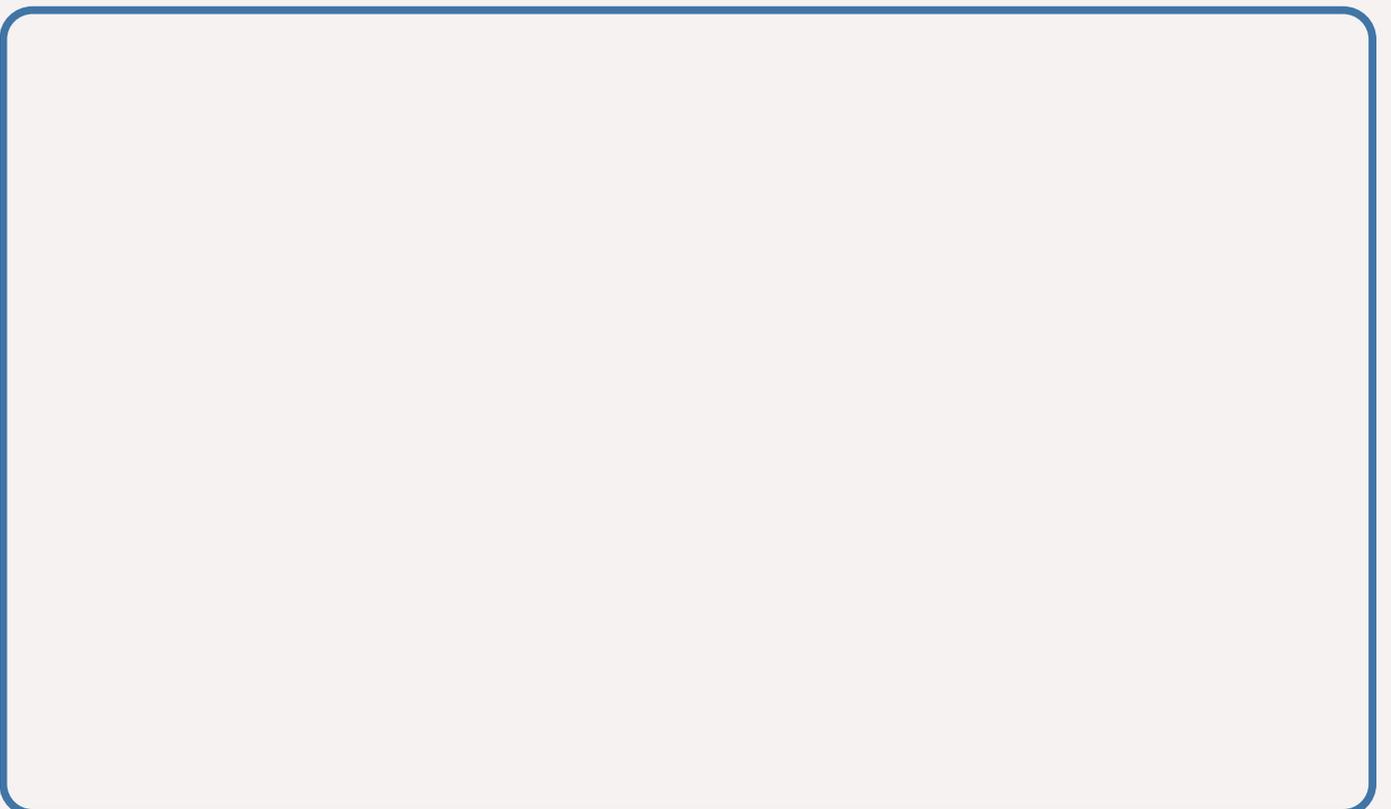


Today is: \_\_\_\_\_

I feel most connected to my baby when...



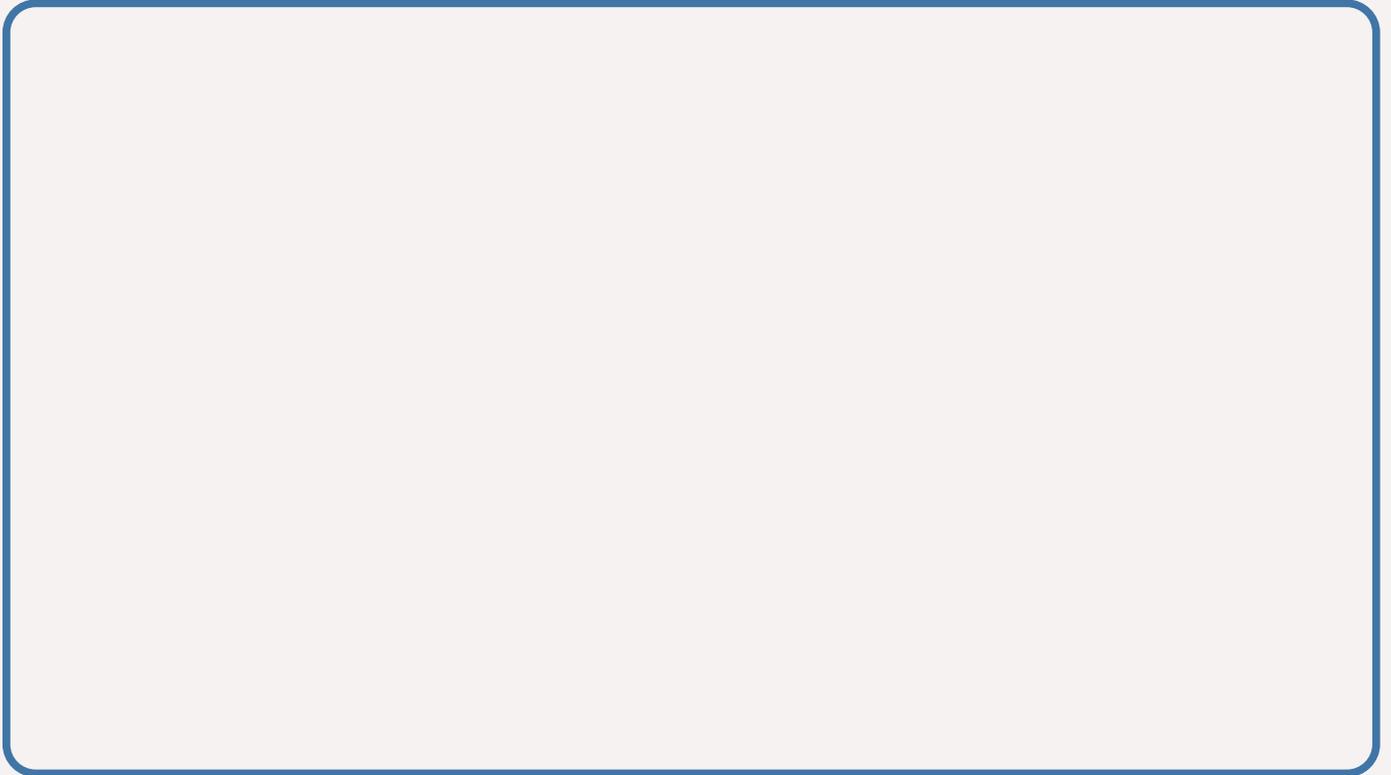
A comforting memory of my baby is...



Today is: \_\_\_\_\_

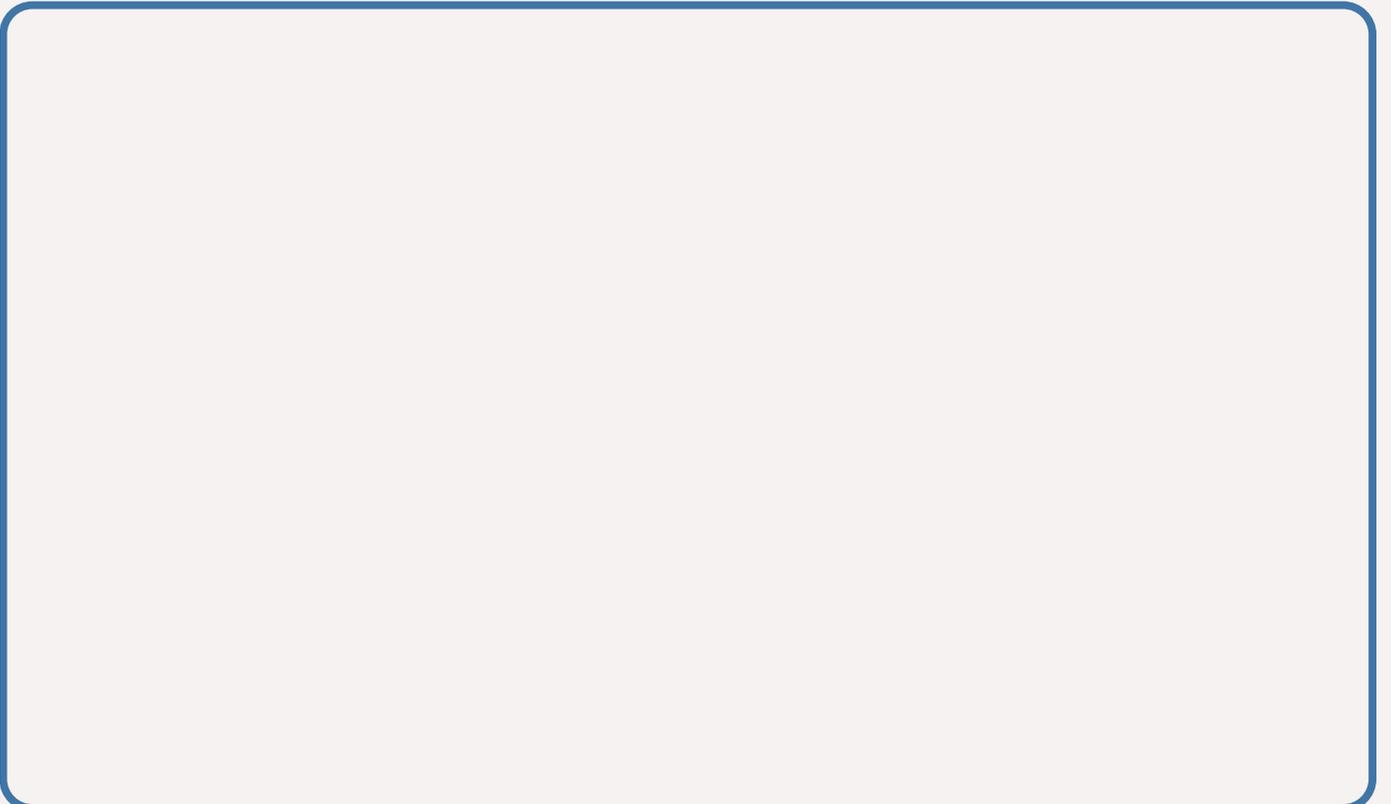
My favourite memory of my baby is when...

Describe how it makes you feel...



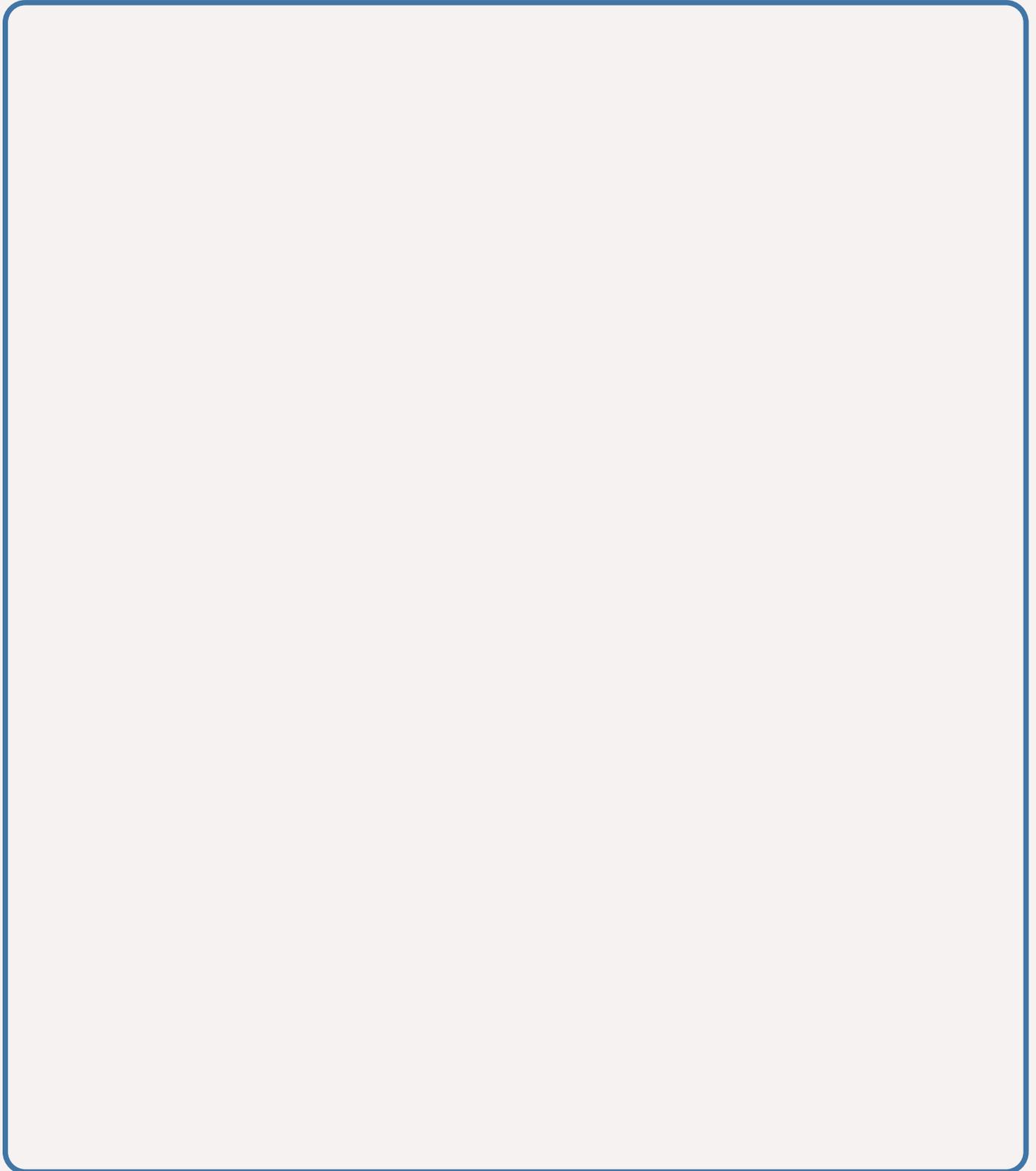
My most difficult memory of my baby is when...

Describe how it makes you feel...



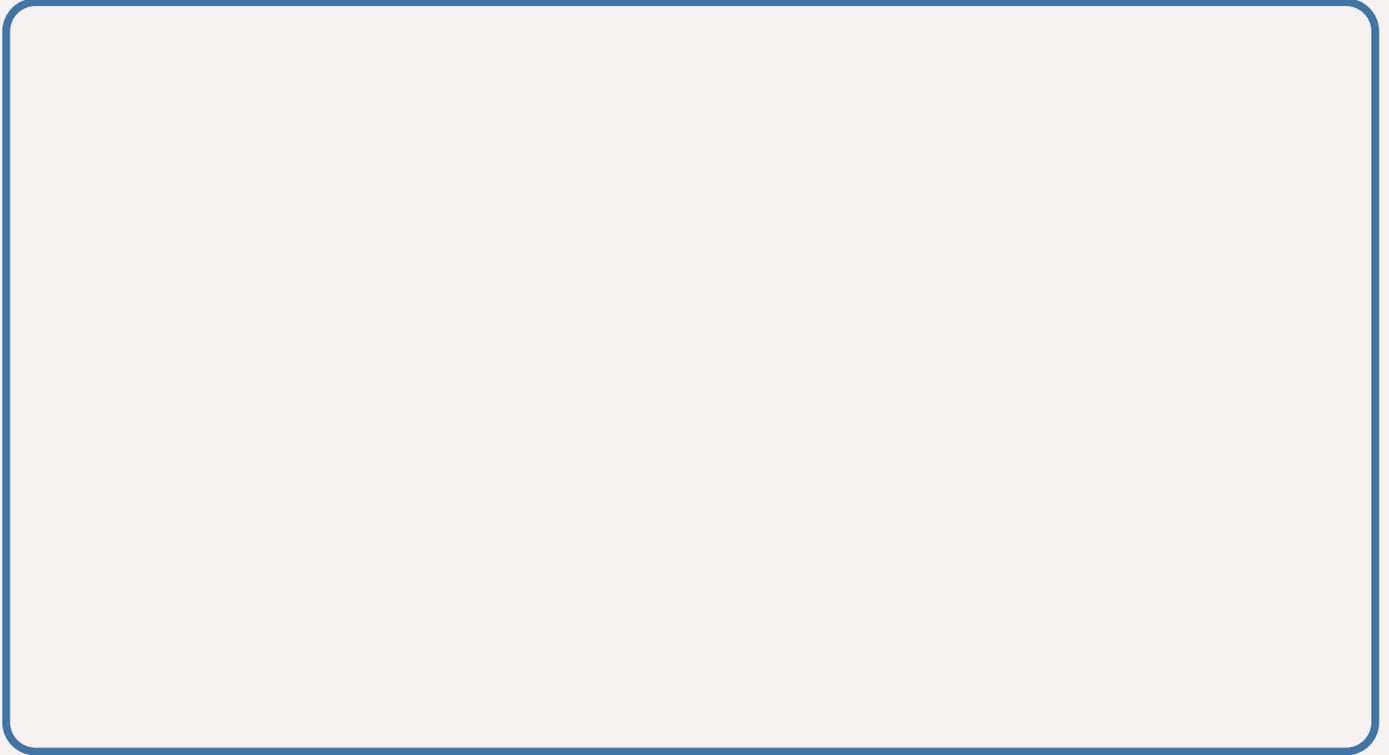
Today is: \_\_\_\_\_

Write a letter to yourself, Tell yourself how you have changed and grown since your loved one's death and the lessons you have learned; Give your "past self" advice and words of encouragement.

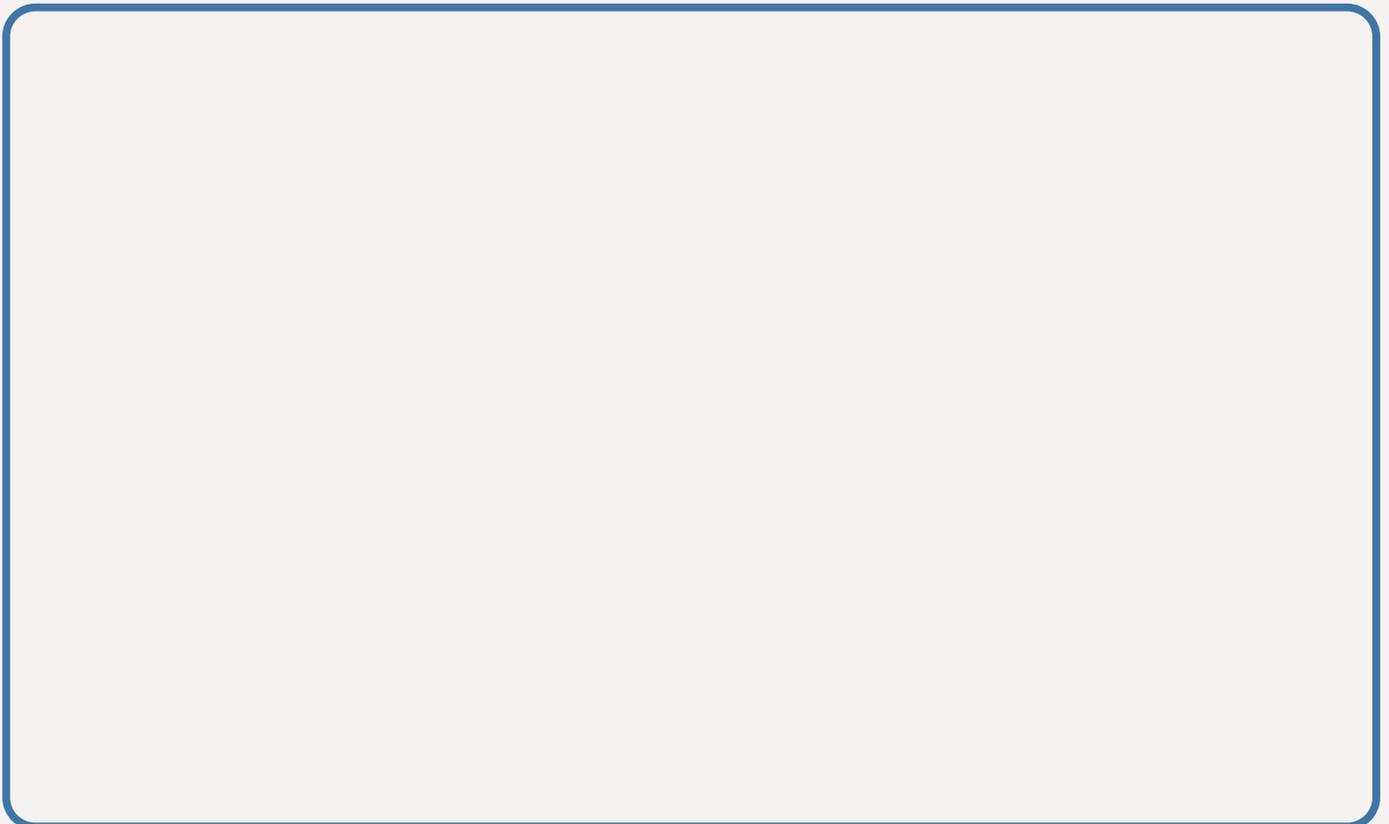


Today is: \_\_\_\_\_

Write about your worst day since the loss:..



Write about your best day since the loss:..



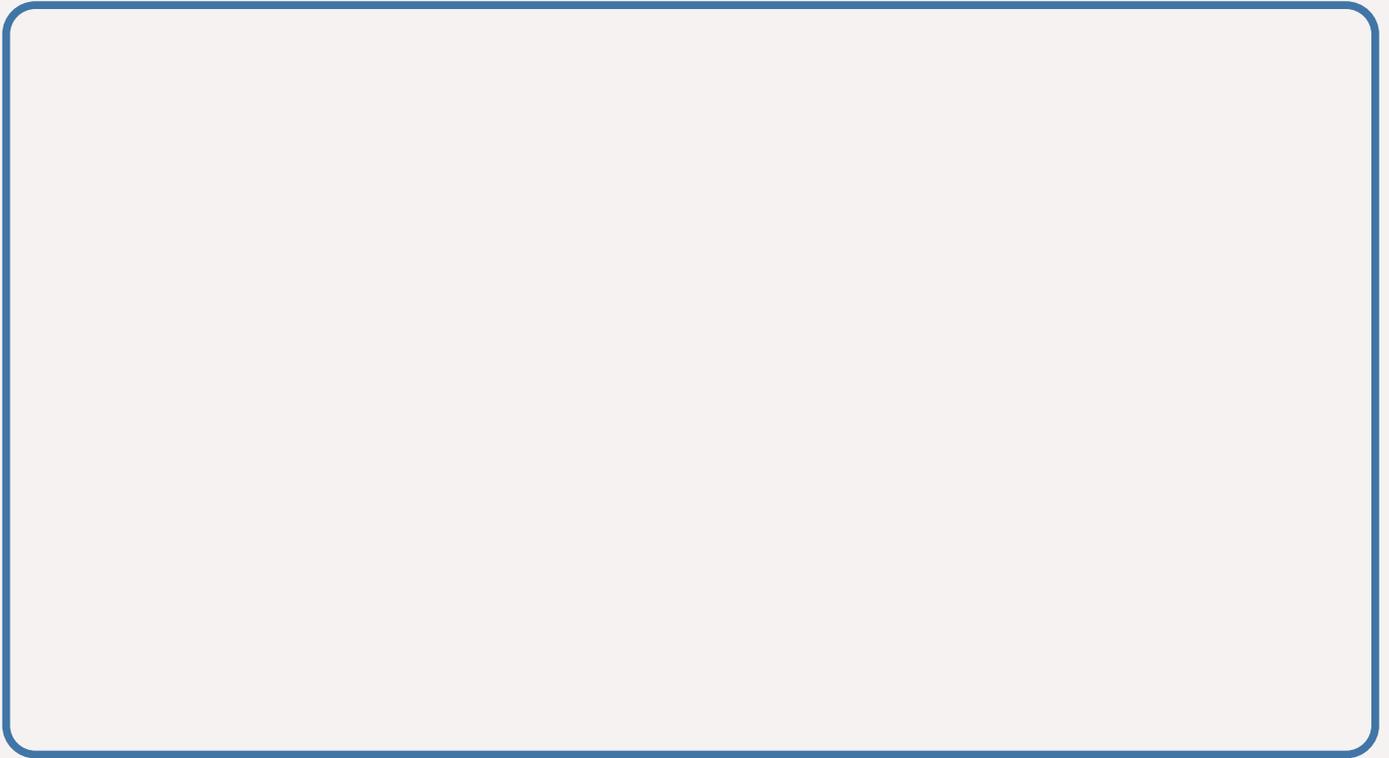
Today is: \_\_\_\_\_

What are you looking forward to?

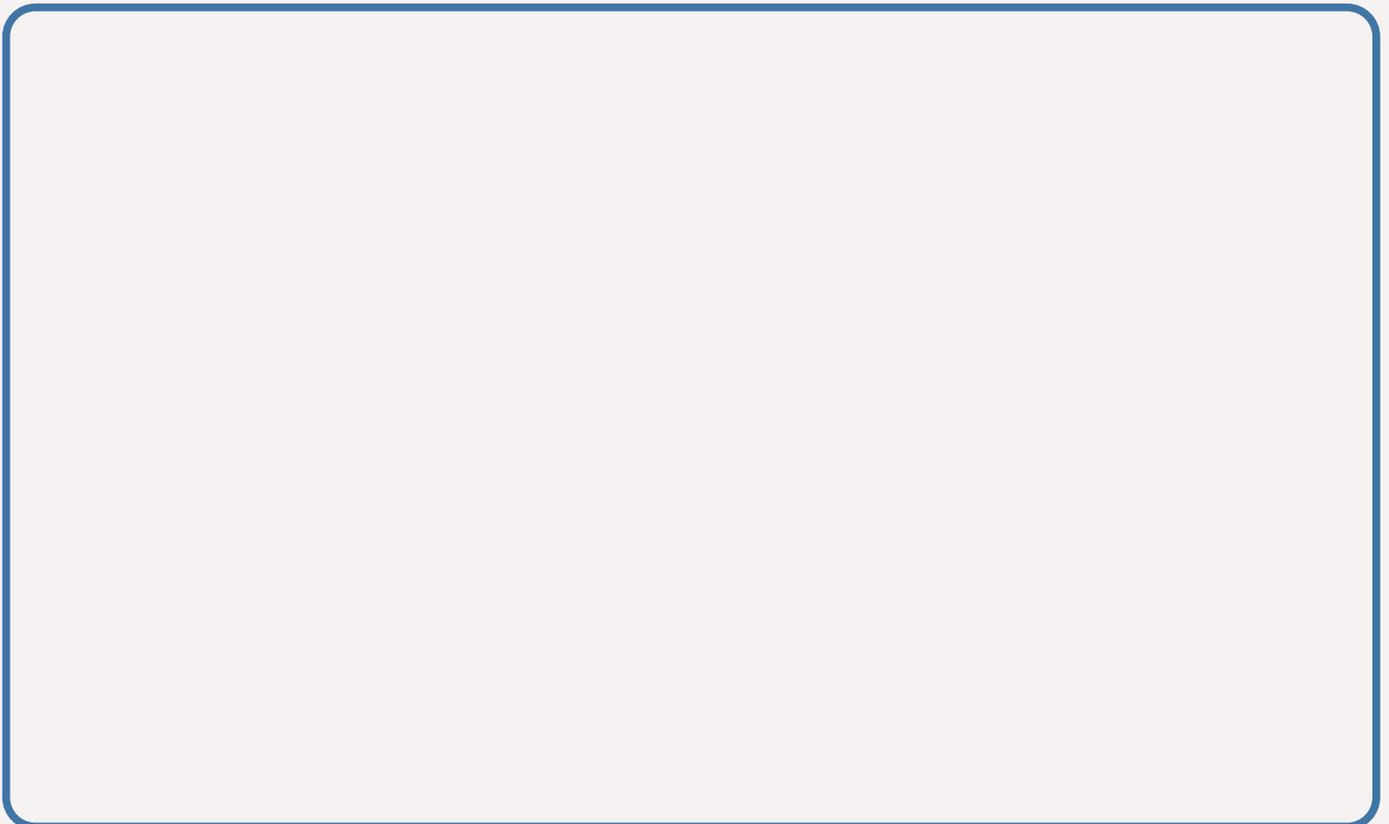
What are you dreading?

Today is: \_\_\_\_\_

If you could say anything to your baby, what would it be?

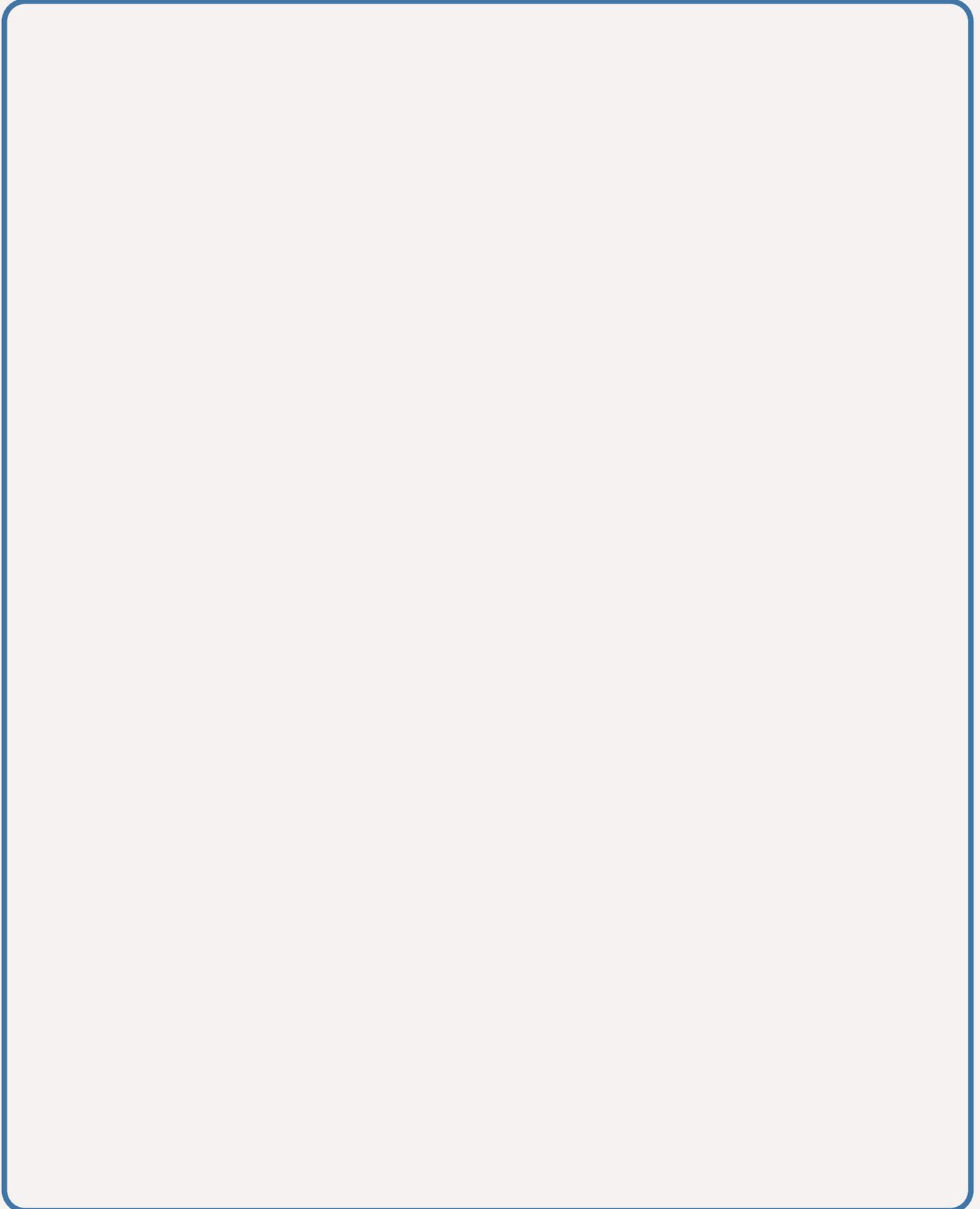


Some creative ways I've been trying to express my grief are:



Today is: \_\_\_\_\_

Write a love letter to your baby,  
tell them things you never got to say to them:



Today is: \_\_\_\_\_

A large, empty rectangular box with a blue border, intended for drawing or writing. The box is centered on the page and occupies most of the vertical space below the date line.

Today is: \_\_\_\_\_

A large, empty rectangular box with a blue border, intended for drawing or writing. The box is centered on the page and occupies most of the middle section.

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