

Calendar Introduction

October is Pregnancy and Infant Loss Awareness Month, and this year we are making space for the siblings! I created an October sibling calendar to help your living children feel connected to their sibling who died. Each day for the month of October, I will share an activity that can be modified to fit different ages, abilities and comfort levels. You can download the calendar and coloring sheets for the month via the link in my bio! (FREE!) *Disclaimer AI was used to make the coloring sheets!

Follow along for the month of October to help your living children connect with their sibling(s) that died.

I understand that daily posts involving living children can be incredibly upsetting. Come November, I will resume normal posting! There will also be strictly PAIL related posts on @rainbowsformakenna_inc throughout the month.

A lot of you are probably wondering why I chose this month specifically to focus on living siblings. There are a few reasons!

There aren't a lot of resources for parenting after loss and even less during this month. I'm raising two children with a dead sister. Pregnancy and infant loss impacted their lives before they were born and they deserve the space to understand that part of their story. I feel it's my job as their mom to foster that connection and give them the tools to explore it.

Another big reason is because October is kind of awkward for me in the loss world...in the sense that I just kind of don't know what to do with myself because it isn't sad and heavy for me like it is for most families. So I really wanted to do something intentional this year for October that I could actually use in my own season of life.

I want my children to grow up comfortable saying Makenna's name. I want them to understand why we raise awareness during October and feel confident participating in that awareness throughout their lives. Most of all, I want them to know that loving and remembering their sister can exist alongside a childhood filled with joy.

*Calendar created for PAIL month 2026, but the 31 days can easily be reused for years to come.

Day 1 Color an Awareness Ribbon

Start the month by coloring a Pregnancy and Infant Loss Awareness ribbon with your living child or children. Use the time together to talk about the upcoming month, what the ribbon represents and why your family participates. If your child colors one, please share it and tag @rainbowsformakenna.

Day 2 Do Something Joyful

Day 2: Joyful Friday

I really wanted to dedicate one day each week to joy.

My living children bring me joy, I love seeing them happy and I did not want this month to feel heavy every single day. I am a big believer that we can honor our children (and they can honor their siblings!) while still experiencing joy.

If your children are old enough, ask them what they think would bring their sibling that died joy. See if you can incorporate their answer into today's Joyful Friday  .

Share what brought your family joy and tag @rainbowsformakenna.

Day 3 Their Name Your Way

Help your child create their sibling's name in any way that feels fun and manageable. This activity can be as simple or as involved as you want it to be: doodle the name, write it in bubble letters for a younger child to decorate, practice writing it, spell it with blocks, make a friendship bracelet, paint a canvas or design something in Canva.

Your child can also focus on one initial if the entire name feels like too much. Share your baby's name and how your living child made it special, and tag @rainbowsformakenna.

Day 4 Read a Book

Choose a book about sibling loss, grief, remembering someone who died or a story that simply reminds your family of your baby. Younger children can look at the pictures and name what they notice. Older children can talk or write about a line, character or feeling that stood out to them.

There are so many beautiful options when it comes to sibling books. Drop your recommendations in the comments and tell us what your family loves about them.

Day 5 Complete an Act of Kindness

Each Monday this month will begin with an act of kindness. Acts of kindness are one of the most popular ways families choose to honor their babies because they give children a concrete way to carry their sibling's memory into the world.

Let your child help choose what to do. You could leave a kind note, donate an item, help a neighbor, compliment someone or pay for a small treat. Do something kind together in memory of your baby and tag @rainbowsformakenna.

Day 6 Paint a Pumpkin

Grab a pumpkin and some paint, and help your child create a pumpkin for their sibling. They can use pink and blue, add handprints, paint the baby's name or sign, include a Pregnancy and Infant Loss Awareness ribbon, or choose a quote or song lyric that reminds your family of them.

A white pumpkin can be used to represent the baby in your pumpkin display and open a conversation about why your family includes them. Try paint pens for a less messy option, or use a paper pumpkin if that works better for your child. Share what they create and tag @rainbowsformakenna.

Day 7 Find Their Sign in Nature

Getting outside is one of the ways I feel connected to Makenna. It also gives me an easy, natural way to talk with my living children about their big sister. When we see a rainbow, we say, hi to Makenna. It is simple, but it helps them build a connection with her.

Take your child outside and look for something that reminds your family of their sibling: a rainbow, butterfly, feather, flower, bird, interesting cloud or anything else that feels connected. If your baby gives their sibling a special hello, share it and tag @rainbowsformakenna.

Day 8 Create a Grief Rainbow

Grief can include many feelings at the same time. Help your child use the colors of the rainbow to explore what their grief feels like today. Younger children can match colors to basic feelings, while older children can create abstract art, a collage or their own meaning for every color.

There are no good or bad colors and no correct way to make a grief rainbow. If your child feels comfortable sharing their artwork, tag @rainbowsformakenna.

Day 9 Do Something Joyful

It is Joyful Friday. Choose something that brings your family joy and use it as an opportunity to include the baby who died. You could visit a favorite place, bake something, watch a movie, have a dance party or do absolutely anything that makes your family happy.

Joy does not erase grief, and loving the life in front of you does not mean leaving your baby behind. Share what brought your family joy today and tag @rainbowsformakenna.

Day 10 Create a Pumpkin Family

Use paper pumpkins to represent every member of your family, including the baby or babies who died. Let each living child decorate their own pumpkin, then create a special white pumpkin for their sibling and explain what it represents in your family.

A pumpkin template is included in the free coloring-page ZIP file available through the link in my bio. Take a picture of your completed pumpkin family and tag @rainbowsformakenna.

Day 11 Read a Book

Choose another book about grief, sibling loss, love, memory or family. You do not need to turn it into a big conversation. Reading together, answering questions honestly and allowing your child to lead is enough.

Share the book you chose in the comments and tell us what your family liked about it. Your recommendation may help another family find exactly what they need.

Day 12 Complete an Act of Kindness

Begin the week by completing an act of kindness in memory of your baby. Let your child choose the recipient or the kind act whenever possible so the experience feels like theirs, too.

Keep it simple: draw a picture for someone, bring in a neighbor's garbage can, donate a book, leave encouraging sidewalk chalk or help an animal. Share your act of kindness and tag @rainbowsformakenna.

Day 13 Decorate a Candle

The 15th is the International Wave of Light, so today is a chance to explain what the event means to your family while your child decorates a candle for their sibling. They can add the baby's name, colors, birthday, signs or anything that reminds them of their sibling.

Candle coloring sheets are included in the free ZIP file linked in my bio. You can also decorate a battery-operated candle or a glass jar for a flameless tea light. Share your child's candle and tag @rainbowsformakenna.

Day 14 Choose a Sibling Sign

If you have been here for even three seconds, you know I am the crazy sign lady, and you better believe I am raising little crazy sign kids. Every time we see a rainbow, Parker says, "Hi, Kenna!" He is the only person who has ever called her Kenna, and I hope he keeps that special nickname for her forever.

Signs from Makenna are the foundation of my relationship with her. They help me hold onto the belief that I will see her again, and they give my freshly three-year-old and nineteen-month-old a simple way to connect with their sister. Today, help your living children choose a special sign for their sibling. If they spot it, share it and tag @rainbowsformakenna.

Day 15 Join the Wave of Light

Tonight at 7:00 p.m. local time, families around the world will light candles in memory of babies who died. As each time zone participates, the candles create a continuous Wave of Light around the world.

Invite your children to turn on or light the candle they decorated on Day 13. You can say their sibling's name, play a song, look at photographs or simply sit together while the candle glows.

Day 16 Do Something Joyful

After the emotions of the Wave of Light, today's Joyful Friday can be whatever your family needs. Choose something light, fun or comforting and include your baby in whatever way feels natural.

Your family is allowed to laugh, play and make good memories while carrying grief. Share what brought you joy today and tag @rainbowsformakenna.

Day 17 Paint a Memory Rock

Grab a rock and some paint or paint pens, and help your child create something for their sibling. They can add the baby's name, initials, birthday, special colors, signs or a short message.

Keep the finished rock in your home or garden, or leave it somewhere safe for another person to find. Share your child's creation and tag @rainbowsformakenna.

Day 18 Read a Book

Grab your sibling book of choice for the week and follow your child's lead. Talk if they want to talk, answer what you can and let reading together be enough if they do not. Drop the title in the comments so other families can add it to their list.

Day 19 Complete an Act of Kindness

Start the week with another act of kindness in memory of your baby. This can be planned or spontaneous, public or completely private. What matters is giving your child a way to do something loving while including their sibling.

Ask your child, "What kind thing should we do today in your sibling's memory?" Share what they choose and tag @rainbowsformakenna.

Day 20 Connect Through Flowers

Flowers can give children a tangible way to feel connected to a sibling they may never have met or may not remember. Help your child choose a flower connected to the baby's birth month, name, special colors or simply one they feel drawn to.

They can create a bouquet, draw the baby's birth flower, press petals, plant something or take a photograph. Share how your child uses flowers to connect with their sibling and tag @rainbowsformakenna.

Day 21 Find Them in the Stars

Use the night sky as a guide for connection tonight. Step outside or look through a window and help your child find a star, constellation, planet or the moon that makes them think of their sibling.

Younger children can choose one special star for the night. Older children can invent a constellation, create their sibling's initials in the stars, take photographs or look up what the sky looked like on the baby's birthday. Share what you find and tag @rainbowsformakenna.

Day 22 Wear Pink and Blue

Today is intentionally simple. Invite your child to wear pink and blue in recognition of Pregnancy and Infant Loss Awareness Month and in memory of their sibling.

They can tell people what their colors represent, or they can honor their siblings quietly to themselves. If they would like to share their outfit, tag @rainbowsformakenna.

Day 23 Do Something Joyful

It is Joyful Friday. Let your child choose something that brings them joy, then find a small way to include or remember their sibling while you do it.

There is no guilt in joy. Making space for happiness is one of the ways we continue living while loving the babies who died. Share your family's joy and tag @rainbowsformakenna.

Day 24 Create Nature Art

Help your child gather leaves, flowers, sticks, rocks, pinecones or anything else they find outside. Use the collection to create something for their sibling: their name, first initial, a heart, a rainbow, one of their signs or something completely new.

Younger children can explore the colors and textures or direct where each piece should go. Older children can create a collage, nature mandala, botanical artwork or photograph. Nature art may not last, so take a picture when they are finished and tag @rainbowsformakenna.

Day 25 Read a Book

For our final book day, revisit the book your child connected with most this month or choose something new!

Drop your family's favorite book from this month in the comments and tell us why it stood out.

Day 26 Complete an Act of Kindness

For our final Monday act of kindness, let your child take the lead. Ask them to choose one kind thing they would like to send into the world in their sibling's memory.

No act is too small. Kindness can be a donation, a note, a helpful task, a compliment or simply making someone feel included. Share what your child chooses and tag @rainbowsformakenna.

Day 27 Make a Butterfly Bookmark

Butterflies are a meaningful sign for many loss families. Today, help your child create a butterfly bookmark for their sibling. Younger children can color or add stickers to a simple butterfly, while older children can design their own and include the baby's name, colors, birthday or special signs.

Use the bookmark in a favorite story or one of the sibling books you read this month. Share the finished bookmark and tag @rainbowsformakenna.

Day 28 Send Love to the Sky

Help your child send a message of love to their sibling using the sky. Blow bubbles, fly a kite, shine a flashlight upward, speak their name into the wind or write a note on a paper airplane that you retrieve afterward.

Please skip balloon and lantern releases, which can harm wildlife and create litter. The message does not need to physically disappear to feel meaningful. Share how your child sends love to the sky and tag @rainbowsformakenna.

Day 29 Slow Down Together

Not every day needs a craft or a big conversation.

Let your child decide whether they want to talk about their sibling. The goal is not to create a perfect moment of grief. It is simply to be present and remind them that every feeling, including having no big feelings today, is allowed.

Day 30 Do Something Joyful

For our final Joyful Friday, let your child choose the fun. Revisit a favorite activity from the month or do something completely new together in memory of your baby.

Joy and grief can exist together. We can miss our babies, say their names and still create a life filled with laughter and love. Share what brought your family joy and tag @rainbowsformakenna.

Day 31 Save Them a Treat

As October comes to an end, invite your child to choose a Halloween treat for their sibling. They can place it beside a photograph or candle, add it to a memory space, enjoy it together in their sibling's honor or give it to someone else as an act of kindness.

Share how your family includes your baby today and tag @rainbowsformakenna.