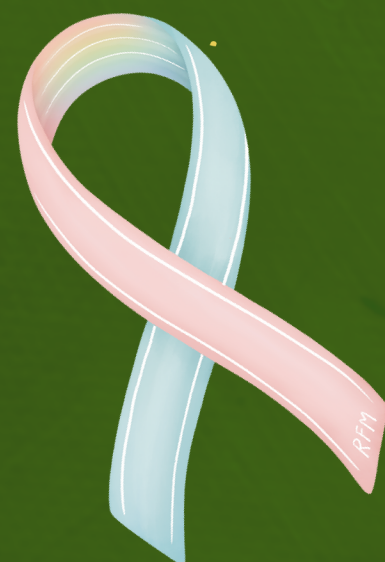
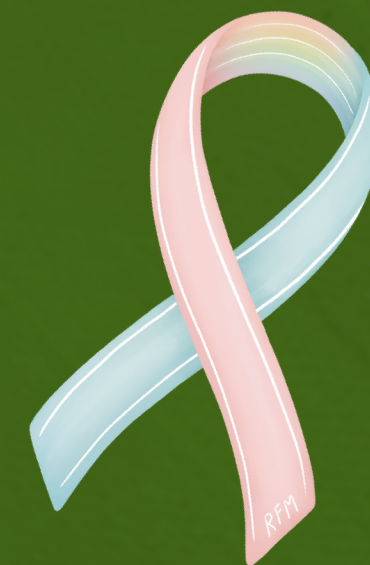
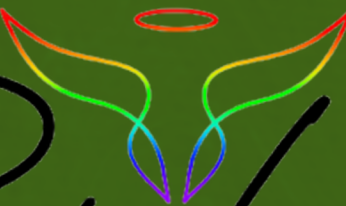


Deck the Halls

...or don't

Honoring your baby and creating new traditions




Rainbows
for Makenna

Honoring your baby and creating new traditions

Honoring your baby during the holidays can transform painful days into opportunities of remembrance.

* *Honoring your baby and creating new traditions*

Ways of honoring your baby during the holiday season:

- Hang a personalized ornament/stocking
- Light a candle at dinner
- Save a seat for them at the table
- Decorating their grave or shelf
- Include baby on holiday cards
- Visit a memorial spot

* *Honoring your baby and creating new traditions*

New traditions to keep your baby with you

- Ask friends and family to send your baby holiday cards and put it in their stocking to read on Christmas.
- Write a letter to your baby
- Donate to a pregnancy/infant loss nonprofit in your baby's name
- Name a holiday dish after them
- Get a new ornament for them each year

* Honoring your baby and creating new traditions

*Reminder: traditions don't need to be forever. Try some new things out this year and if they don't feel right, you don't need to do them again next year.