

## Service Suggestions By Bereaved Parents

This is a special time honoring your child's life filled with much emotion and confusion. These ideas are meant to provide guidance. Visit our website at [www.itsmyheart.org](http://www.itsmyheart.org) and click on the tab "Bereaved". We hope you utilize our Family Matching program to know you are not alone.

- Collect pictures or important items to be displayed at your child's services
- Make as many hand/foot molds as your heart desires. Many family members would also appreciate having these to remember your child by.
- Snip lockets of hair and store away for later. Many parents have put pieces of hair into a necklace to wear or just have the comfort of having it to remember them by.
- Collage your child's pictures onto a sturdy poster or foam board.
- Create slideshows with pictures or special things that are a symbol of your child's life. You can search online for appropriate music to use.
- Have bookmarks or prayer cards made with poems, pictures or anything that is a symbol of your child.
- You have the option to take all items the hospital will allow you to have that was used on for your child such as blankets, hair brush, pacifiers, etc.
- Call and arrange for extra visiting time with your child at the funeral home. Some parents feel the need to hold their child and that is your choice.
- A necklace with two parts is a special way to feel connected to your child. James Avery (jewelry store) has a few necklace styles to choose from titled "While We Are Apart". Each family member can have one or this can be something completely special only for parents/siblings.
- Writing letters or drawing a picture to put in the casket, this may be especially helpful for siblings.
- Place items inside the casket (if a burial) to help you feel "connected".
- Blow bubbles (or a bubble machine), release balloons, butterflies, doves outside after service or cemetery. There are actual businesses who will supply the butterflies and doves. Many floral shops have helium tanks and more than willing to help.
- Some people wished they would've video taped the service and were glad they did so one day, they could have the choice to watch it or not.
- Invite someone to sing or play instruments at the funeral in honor of your child.
- Last but not least, take things at your own pace. What is good for one person may not be good for the next. There is no right or wrong way to grieve and everyone does not grieve the same way.