

We Remember

Suggestions for getting through the Holidays...

1. Holidays are difficult times. Decide what you can do and what you cannot do. Plan ahead. Set limits for yourself if necessary.
2. Visit the cemetery and have each person leave a flower sharing why they chose that flower. Example: "You taught me to smell the roses."
3. Cut back on all the meaningless activities surrounding the holidays. Say no to at least 3 things you usually do and say yes to those things that will nurture you and help you through the days.
4. If you have a picture of your baby, do something special with it, by making an ornament or design to bring your baby's love to the season.
5. Donate to a charity in the name of your baby.
6. Sign your Christmas card as usual, and add "In Loving Memory of _____, who died on _____."
7. Keep a candle burning nightly for the twelve days of Christmas in memory of your baby.
8. On New Year's make a resolution to put into practice a new goal or truth to be lived in your life.