

33 WAYS TO HONOR
YOUR MISCARRIAGE

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Hey there, whether you just joined the club, or you have been here awhile, I want you to know you are not alone here and that what you feel about wanting to honor the pregnancy you lost is valid. It is a club we never thought we would be a part of nor did many of us give it much thought when we started trying for a family. It is a club that is ever-growing but rather quiet, filled with solidarity and space to grieve because we get you. We understand the mysterious feelings of a miscarriage one that only the mother could feel, the unsaid, the longing, the unmistakable reminders of what we no longer have. For me, grief and the loss of my miscarriages never fully went away but I learned to grow around them, to engulf the loss of them in ways that honor myself and my desires for who they could have been. Here are 33 ways to honor your miscarriage(s), some are small, and some are big, but they might be exactly what you need to heal and grow through the grief of your loss.

1. Write them a letter or letters, as many as it takes
2. Plant a tree or bush in a place you frequent so you can always visit them
3. Hold a memorial with close family or just yourself
4. Donate to a pregnancy crisis center in their honor
5. Purchase a piece of jewelry to remind you of them
6. Get their initials on a bracelet
7. Monogram a blanket and place it in a special space you can snuggle when you need to feel nearby.
8. Hold a balloon release, place a letter, or note to them inside
9. Fast, fasting for a day or two days; fasting biblically is to grow closer to God, seek counsel, or lament.
10. Bake a cake on their due date, or just bake a cake for cake, it is always a good time for cake
11. Get a tattoo in their memory
12. If you already had baby clothes, make a teddy bear from their clothing
13. Put together baby care kits for the hospital
14. Light a candle in their memory
15. Pick a special spot to go be with them, whether that is a hike or park bench
16. Set up a garden stone in their memory

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17. Engrave their due date on a journal or book
18. Write a poem or song
19. Write down encouraging scripture on notecards, stick them where you will see them often like the laundry room, bathroom, or nightstand
20. Run a race or marathon remembering them
21. Take a new fitness or hobby class
22. Paint a rock and hide it in a beautiful place
23. Seek counseling, I did this on multiple occasions
24. Buy flowers once a month and put them in a place you will see them often
25. Find a support group or create one
26. Dedicate a park bench or garden bench to them
27. Name your baby
28. Display an Angel Statuette
29. Write about your baby, I use to and sometimes still dream about my miscarried children, it has been healing to write about those encounters the next day. It feels like my grief hasn't been forgotten and they paid me a visit, if only for a moment.
30. Take a trip, after each of my miscarriages I had a trip planned to Amecilia Island, FL. I had no idea I would miscarry, but God did, and he knew how much I needed the healing of fresh salt air and the sound of crashing waves, simply to be in the presence of his creation and beauty. To this day, Amelia Island holds a special place in my heart.
31. Gift yourself something sentimental
32. Create a piece of artwork in memory of them
33. Honor yourself, and clear the day or week to focus on your needs after a loss, if this isn't tangible, I get it life is fast, set aside 10 – 15 minutes on Saturday or Sunday mornings for as long as you need, build in this specific time to reflect and draw on the love of Jesus.

These 33 suggestions are in no specific order. They are simple ways that I have used or have thought of to help me after my miscarriages. While we wish lists like these did not exist my optimism to you is that you found it an encouragement to you that your loss is real, you are valid and not alone. I hope this list helps you find ways to honor your pregnancy loss in ways that help you heal and move through grief after a loss.