

A close-up photograph of a yellow teddy bear's head, showing its eye and ear, positioned next to a vibrant pink rose. The background is a soft, out-of-focus grey.

Baby Remembrance

Journal

I Will Never Get to Hold You,

but I will Always Love You

When You Came to Me

🍼 I first found out about you on ... ____/____/____

🍼 When I found out about you, I was at ...

🍼 The moment I found out you were in my belly, I felt ...

🍼 The first thing I did was ...

🍼 I shared the news of your precious life with ...

1. _____
2. _____
3. _____
4. _____
5. _____

While You Were with Me

 While you were with me, my life was ...

 The people who knew about you and loved you included ...

1.

2.

3.

4.

5.

 My hopes and dreams for your life involved ...

 The plans I made for your birth were ...

 The idea of being your mom made me feel ...

 My fears and concerns were ...

 I was excited about ...

 My favorite memory from the time you were with me is ...

 I believe your gender was ...

 My physical condition during your time with me was ...

 Knowing you were in my belly motivated me to do and refrain from certain things, including ...

 Names I considered giving you were ...

1. _____

2. _____

3. _____

 Your due date was ... ____/____/____

When You Left Me

🌸 I found out your time with me was ending on ... ____/____/____

🌸 When I found out you were leaving me, I was at ...

🌸 Once I discovered that I had lost you, I felt ...

🌸 People who grieved with me included ...

1. _____
2. _____
3. _____
4. _____
5. _____

🌸 I mourned your loss by ...

🌸 My physical condition while I was losing you was ...

Since Losing You

 I preserve your memory by ...

 The times I think about you most are ...

 The things I think we would be doing together if you were still with me now are ...

 The things about your memory that bring me joy are ...

🌸 The people I talk to about you include ...

1. _____
2. _____
3. _____
4. _____
5. _____

🌸 The ways I have been changed by your short little life include ...

🌸 Although I will never get to hold you, my sweet and precious child ... I will always love you. I hope that you somehow know how special you were to me. If I could still talk to you, this is what I would say ...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.