

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 ...

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

1. _____

2. _____

3. _____

4. _____

5. _____

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

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The first thing I did was ...

While You Were with Me

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

I believe your gender was ...

Names I considered giving you were ...

1. _____

2. _____

3. _____

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

1. _____

2. _____

3. _____

4. _____

5. _____

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

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 ...

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 ...

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 ...

People who grieved with me included ...

1. _____

2. _____

3. _____

4. _____

5. _____

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

I mourned your loss by ...

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

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Since Losing You

The people I talk to about you include ...

1. _____

2. _____

3. _____

4. _____

5. _____

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 ways I have been changed by your short little life are ...

Although I will never get to hold you on this earth, 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 ...

I Will Never Get to Hold You, but I Will Always Love you

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 is no text or other markings on the paper.