

Coping at Christmas

Christmas can be an extremely difficult time for anyone who has been affected by the death of a baby. With so much focus on family, children and socialising, those living with loss can feel even more isolated and alone in their grief. Here at Sands we want to reach out to any bereaved families feeling this way over the festive period. You are not alone.

What Can Help? Whether you choose to celebrate Christmas in ways that you did before your baby died, make new traditions or bypass Christmas altogether, there is no set way to get through the festive period. Listening to your own needs, which may change on a daily or hourly basis, is important when making plans or spending time with others.

We asked the Sands Community to share ideas of what helps them cope over Christmas. Here are some great ideas of ways to remember your baby at Christmas:

- Make or buy a special festive decoration in memory of your baby, maybe with their name on
- Say your baby's name out loud and talk about them to friends and family
- Donate a gift for a child who is the same age that your child would be, perhaps to a refuge or children's charity
- Visit a special place – where your baby is buried, where their ashes are scattered, a memorial garden or favourite place for remembering them
- Light a candle in memory of your baby
- Write a Christmas card to your baby and keep it in their Memory Box or stocking
- Use the days of advent to do random acts of kindness for others in memory of your baby
- Put some special time aside to sit and remember your baby
- Instead of sending Christmas cards, make a donation in memory of your baby
- Attend a Sands Lights of Love Christmas service (link to page with information)

For more support and resources visit www.sands.org.uk/coping-at-christmas

