



Infant Loss: 8 tips for healing through grief

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1. Experience your feelings--let yourself feel what you need to feel
2. There is no deadline for mourning--grief does not have a timeline
3. Remember your baby--it's okay to think about and talk about your baby
4. Triggers--know things may trigger difficult feelings
5. Bond with your baby--there are ways to feel close to your child
6. Find healing activities,--exercise, journaling, talking with a friend
7. It's okay to feel happy again
8. Relationships can change after losing a baby

Find support through family and friends that understand what you're going through. If your loss is too much to bear it is okay to seek help from a counselor.

