

## SUGGESTIONS FOR MOTHER'S DAY

On Tuesday evening at the Support Group meeting parents talked about what they can do to make Mother's Day, a day filled with so many mixed emotions, bearable. Here is the list they created:

Let it be: don't have too many expectations for yourself or others.

Be kind to yourself.

Play it by ear.

Forgive others (for their thoughtlessness, forgetfulness).

Stay in bed if you choose to do so.

Grieve.

Celebrate the life you have.

Forgive yourself.

Celebrate relationship with spouse or significant other.

Do something for someone else in honor of your baby.

Release balloons.

Visit your baby's grave or a memorial park.

Light a candle in your baby's memory.

Wear your Walk to Remember t-shirt.

Make your own shirt or hat to honor your baby.

Buy a piece of jewelry that will remind you of your baby.

Thank our babies for making us parents.

Stand up in church when mothers are invited to be acknowledged.

Think about all the other parents who are grieving too.

Call someone who understands.