

HOW TO REMEMBER

There are many ways and no timeline in the way you choose to remember your little one. We have listed a few ideas below for you to carefully consider. There is never a right or wrong answer or rules around how you and your family choose to remember your sweet baby.

WAYS TO REMEMBER:

- »» Have a naming ceremony for baby with friends or family
- »» Frame a special memory: a poem, ultrasound, photo of yourself while pregnant and display it
- »» Light a candle each anniversary
- »» Plant a tree in honor of baby
- »» Involve the rest of your family in creating a memory box of items that you had for baby including an ultrasound picture
- »» Wear a special bracelet/necklace to remind you of your baby
- »» Hang something in your home near a family portrait - butterfly, angel, ribbon, cross, flower, windchime, etc.
- »» Celebrate the child's birthday by paying it forward or donating a cake or blanket in their memory to a local hospital

Guiding Star Cedar Valley | No Matter How Small Memorial Service

This service takes place at Mt. Olivet Cemetary mid-October every year. Please visit our website for the specific date each year. This ceremony will include a memorial and burial of the infants in the care of Hagarty-Waychoff- Grarup Funeral Service that have passed away in the previous year. We would be honored to have you celebrate these precious lives with us.

Mercy One Hospital | Wave of Light Event

Wave of Light, a ceremony around the world, commemorates all those who experience loss due to miscarriage, ectopic pregnancy, stillbirth, Sudden Infant Death Syndrome or fetal loss. The event is held yearly on October 15 at 6:30pm. The event will take place in the MercyOne Waterloo Medical Center C parking lot off W. 9th Street near dialysis and rehabilitation.

