

# Remembering Your Baby



## Wave of Light

In 1988, President Ronald Reagan proclaimed October as National Pregnancy and Infant Loss Awareness Month. Empty Cradle honors this month with memorial ceremonies at each of our support meetings and our annual Wave of Light. We remember the babies we have lost and forever hold in our hearts.



## Walk to Remember

In the spring, Empty Cradle hosts our annual Walk to Remember. During our Walk to Remember, we offer you and your family and friends the opportunity to remember and honor your sweet baby. Join us for this beautiful event in memory of your baby. For more information about our remembrance events, visit our website: [EmptyCradle.org](http://EmptyCradle.org)

*"I am forever changed for having KNOWN the gift that was you. I miss who you were, who you would have become, and who I was going to be. But I am a better person for HAVING KNOWN you, if only for a moment."  
-Author UNKNOWN*




**We are  
compassionately  
here for you**



**Pregnancy and Infant Loss  
Support • Remembrance • Education**

## Let's Connect

 (619) 573-6515

 [www.EmptyCradle.org](http://www.EmptyCradle.org)

 [Info@EmptyCradle.org](mailto:Info@EmptyCradle.org)



**[EmptyCradle.org](http://EmptyCradle.org)  
[Support@EmptyCradle.org](mailto:Support@EmptyCradle.org)**

## About Us

Empty Cradle is a peer support group for parents who have experienced the loss of their baby due to miscarriage, stillbirth, TFMR, infant death, SIDS or SUID. Our goal is to offer bereaved families support via a resource parent network, through monthly meetings, written materials, and partnership with the healthcare community. For information about our monthly meetings please visit our website.

The death of a baby is one of life's most devastating experiences. It leaves parents feeling shocked, disoriented, and heartbroken. This grief reaction is a powerful and complex emotional response to the loss of a beloved child. Often, the friends and family of the bereaved parent may have difficulty understanding the depth of the sorrow or the length of time needed to deal with the pain. For this reason, grieving can be very lonely.

There are other parents, however, who have faced a similar sorrow. Assisting families through the normal grieving process is why Empty Cradle exists. Through sharing, reading, and listening, the newly bereaved come to understand that their feelings are natural, thus giving them a sense of direction and hope. The grief then begins to ease, allowing healing to begin. Empty Cradle volunteers are not professional counselors, although we do count professionals among our number. We are comprised entirely of bereaved parents, all of whom choose to volunteer with the hope of helping others who also grieve.

We have discovered that the common bond of a shared experience draws us together and helps us with the painful task of resolving our grief. For this reason, our resource parent network is vital not only to the newly bereaved, but also to those whose grief is no longer new. By reaching out to others, we can achieve our stated goal:

To comfort the grief of an aching heart and ease the pain of an empty cradle.

## Our Services

Every family experiencing the death of a baby is unique, and each has different needs. Our hope is that within the group, parents will find many options for support and healing.

**MEMORY BOXES, MISCARRIAGE BAGS, AND SIBLING BACKPACKS** are donated to Southern California hospitals to be distributed to newly bereaved families. These items allow families to make precious memories with their babies.

We offer **FINANCIAL ASSISTANCE** for families seeking **CREMATION** for their babies. Visit our website for information and to apply.

**MONTHLY IN-PERSON AND VIRTUAL PEER SUPPORT MEETINGS** provide a forum for the open discussion of feelings and concerns. Parents are free to share (or just listen) in whatever way is most comfortable for them. Although there are no simple answers to the complex emotions surrounding the death of a baby, mutual reassurance is obtained in the group setting.

A valuable resource at monthly meetings is the **LENDING LIBRARY**, which contains an extensive collection of literature on miscarriage, stillbirth and infant death and the grieving experience for families that have suffered the loss of a baby.

Parents can receive individual **TELEPHONE** and/or **ONLINE SUPPORT** through a network of trained support volunteers, each of whom has experienced a loss.

Our **MOTHER TO MOTHER** program is available to those who would like a hospital visit from a fellow bereaved mother/father.

When the time is right, our **SUBSEQUENT PREGNANCY SUPPORT GROUP** helps parents receive reassurance and help in dealing with the anxieties and special concerns of a pregnancy following a loss.

We encourage **VOLUNTEERING** within the group as a way of coming to terms with one's own bereavement, while helping others come to terms with theirs.

## Contact Us

Our voicemail is available 24 hours a day, seven 7 days a week: (619) 573-6515.

Please leave your name, your phone number, and a short message. Your call will be returned as soon as possible. At that time, a support volunteer who has had a similar loss will be referred to you.

### Meetings

Our monthly support group meetings are scheduled on different evenings in locations throughout San Diego and Riverside Counties and virtually through Zoom. Bereaved parents and support adults are welcome to attend. No RSVP is necessary. The subsequent pregnancy group meets virtually once per month. We also offer men's support.

Please visit our website for up-to-date meeting locations, dates and times.

The 1.5-2 hour meetings begin with a brief business and announcements period, often followed by a speaker addressing various issues or an activity relevant to bereaved parents and the grief process. We then offer an opportunity for parents to share their own experiences and feelings or they may simply listen to others and receive validation.

As one father said, *"At last I've found a safe place to talk about how I really feel."*

