

DEAR CHILD

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www.fundacion-esperanza.org.mx

DEAR CHILD®

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FUNDACIÓN ESPERANZA®

(Ayuda a Padres con Pérdidas Perinatales y Neonatales, A.C.)

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A place where we walk along with families after the death of their child

In memory of

My dad

My mom

Anniversary

Length of the pregnancy

DEAR CHILD

When we face the death of our baby during pregnancy, many parents, in addition of having empty arms and shattered dreams, we fear to forget our little one.

At the beginning of the grieving process everything is so fresh: the moment we learned that the baby was death, the face of those that gave us the terrible news, our feelings of confusion and despair. But as time goes by, we fear to forget the details and this situation, causes a lot of anguish to bereaved parents.

The purpose of this little booklet is to help you process the intense and confused emotions that you might experience after the death of your baby, through write therapy and in a very special way, help you remember in the future the details that you fear to forget now, so in time, you might be able to read and to see how far you have come in your grief and what a brave woman you are and the person you have become.

This booklet, as grief, is a long journey... and we just can make it through one day at a time.

This booklet is dedicated to the memory of
César, Josephine and Carlota, dear children of Carla and Andrés
Diego, dear child of Isabel and Jorge
Cali, dear child of Vicky and Carlos
and my beloved brother
Chey, dear child of Joanne
All the babies inscribed in FUNDACIÓN ESPERANZA's
Book of Life

A dream

Many parents love their baby even before it was conceived.

Is this your case?

What measures did you take to ensure your baby's development?

Am I...?

Discovering that we are expecting a baby causes many different feelings.

Who told you you were pregnant?

What feeling did you have when you heard the news?

Who was the first person you told to?

Part of the deal

All pregnancies aren't the same, and each one of us reacts differently to the same situation.

How you felt when you were pregnant?

Did you have nausea, headaches and special food cravings?

Your relationships

Men experience in a different way than women, their partner's pregnancy.

They are not the ones with a baby in their womb, right?

Your other children, if you have them, live the news according to their ages.

What reaction did your partner have when he learned he was becoming a dad?

Tell you baby any anecdote you remember of his/her siblings- or the ones you care about- when they knew of his/her existence.

In just one second...

When you learned of the death of your baby, your life changed forever.
Tell your baby all the memories you have of that terrible moment.

The decisions...

After hearing the terrible news, we are urged to make important decisions of a series of options given to us by the medical staff; they may involve the necessary precautions to do tests on the baby or to preserve our own health.

What did you decide?

What was the medical procedure that was followed after the death of your baby?

Your body

We experience many physical changes when we are pregnant. We may experience some of them after the death of our baby during pregnancy.

What physical changes surprised you the most after the death of your baby?

What is the symptom you remember the most?

A month later

Most of the physical symptoms have disappeared after the first month. This is completely false when we talk about emotions.

What are the feelings and emotions you have experience?

What is the most intense feeling?

Support

When a loved one dies, the people that surround us and help us to get through this hard time may surprise us. But when a baby dies before birth, some people simply appear in our lives that help us through this painful experience.

Who helped you?

In what way do you feel they helped you the most?

All it takes...

Once we are parents, we are parents forever. Many people believe that because our baby died, our maternity disappears, but nothing is farther from the truth. This kind of attitude is very hurtful for bereaved parents.

How did you feel when someone denies your maternity?

Today...

The expected due date is one of the toughest days that a parent that has lost a baby during pregnancy has to face. This date is a painful reminder of whom we don't have and whom we love the most.

How did you feel on your baby's expected due date?

What did you do to feel better?

“Happy” Holidays

For most people, the holidays are filled with joy and are expected with anticipation.

When a baby dies, the dreams that we had for those holidays have been shattered and now we don't look forward to them.

How did you spend the holidays?

What did you do to remember your baby during the holidays?

How did you celebrate the first Mother's Day or Father's Day?

Thinking of you...

Sometimes we wonder how old our baby would be and how would he/she look like.

Many people think that remembering our baby is hurtful, but on the contrary, just thinking of our baby heals our broken hearts.

What do you do to remember your baby?

How does it help you to heal?

A year later

Even though we felt that time stopped at the beginning of our grief and that a day felt like an eternity, a whole year has gone by.

How do you feel today?

What did you do to remember the most special person, your baby, that is always with you although not physically?

Farewell...

Even though sometimes we did not have the chance to say "good bye" to our baby, we can say "so long" when we are ready to let go.

What did you do to say so long to your baby?

What helped you let him/her go?