



each

East Anglia's
Children's Hospices

Ways to remember

There are many different ways to remember someone you love. You may find that holding them in your own mind and heart feels enough. If not, here are some suggestions that other families have found comforting and helpful. You can do them any day or keep them for special days like birthdays and anniversaries.

- Plant a flower, shrub or tree to remember them. Choose a location carefully – at home or in a community space – and keep in mind you may not always live where you do now.
- Start a scrapbook or photo album of all your favourite memories. You can ask other people who knew them so they can add their memories too.
- Make a playlist of their favourite songs or those that remind you of memories with them. You can listen to these whenever you want to.
- Create a memorial website or social media page. You can use words, pictures or videos and make it public or private, it's your choice.
- Make a teddy bear or cushion from their clothing.
- Light a candle in their memory. You can have a special candle you light at home or you can go to a place of worship and light a candle there.
- Organise a meal to remember the person. Cook their favourite food and eat it with your family.
- Visit their grave or the place where their ashes have been scattered or buried. Some people choose to leave flowers at the grave or you may want to spend time talking to your child.

- Memory boxes can be filled with special reminders of your child. Collect together objects, pictures, smells and music that remind you of them. Decorate the box however you want with pictures, paint or words.
- Write special memories, dreams or wishes on small pieces of paper as they occur to you and put them in a large jar. You can read them whenever you want to.
- Thread different coloured beads onto a string to represent special memories – first bath, first nappy change, any special memories.
- If you have inkless prints of your child's fingerprint or handprint these can be made into jewellery or tattoos.
- Try some creative writing; a story or a poem. Journalling can help to tell the story of your child and family.
- If you enjoy being creative, do some artwork or even write a song.
- Some families create memory trees to hold special memories and wishes for their child that can be added to whenever you want to.
- You might want to create your own unique item which has meaning for you and your family which you add to at special times.

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