

## The funeral

The funeral is often a nice moment to say good bye. Not only for parents and siblings but also for relatives and close friends. You could sing nursery rhymes, hymns and recite poetry.

Don't forget, you are allowed to spend as much time as you need with your child before the funeral. If you like, dress your child in your choice of clothing and place small memorabilia in the coffin. Your child's siblings may wish to place a personal gift or drawing with the child.

As a parent you can be involved as much as you wish in the funeral arrangements. If you find this too difficult, you can ask for help from Sjukhuskyrkan (hospital church) or a funeral director.

Please remember it is your decision on who will conduct the funeral service and if it will be a civil or religious service.

## Spädbarnsfonden

Spädbarnsfonden is a nonpartisan, nondenominational charity organisation that provides support, information and education, as well as research grants. Parents who have lost children are the pillars of the organisation.

We are here for you. As a member, you will be invited to meetings, support groups, memorial services and lectures. We arrange family weekends and retreats for you to talk with others about what you are experiencing.

If you find it to difficult to contact us yourself, ask a friend or the hospital staff.

## Research and funds

Spädbarnsfonden has a fund that provides support and one that promotes research.

The research fund awards annual grants for research in preventing infant mortality and improvements within healthcare for those who have lost children.

Contributions to the support fund help us assist the services offered by the healthcare system.

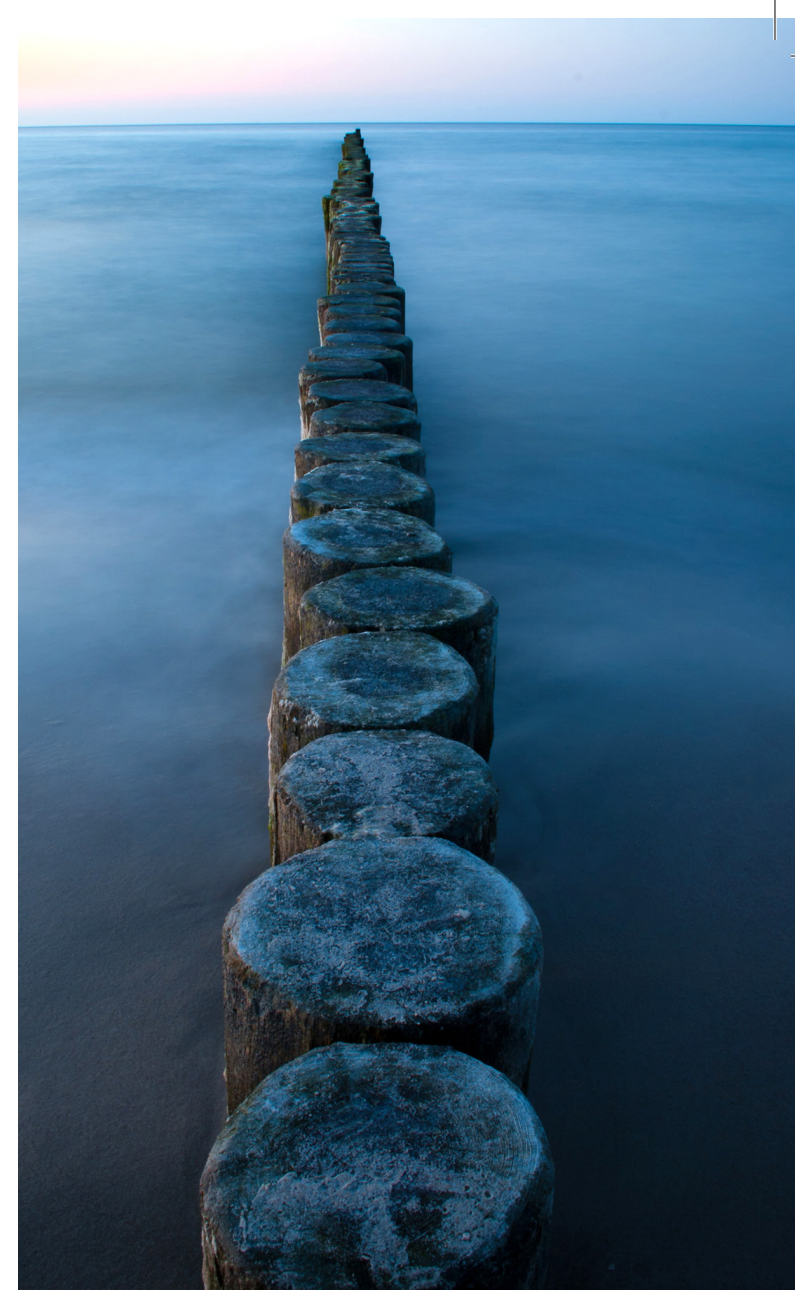
*Engelsk*



Spädbarnsfonden

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For you who has lost a child

Spädbarnsfonden

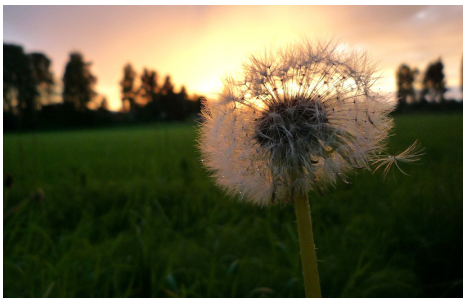
## For you who has lost a child

Grief expresses itself in many different ways – from a sense of emptiness to incomprehension to anger. None of these feelings are right or wrong.

The question of "why?" comes up again and again. What reasoning could the death of a young child possibly have?

There are many places to look for answers – healthcare professionals, your religious faith, at Spädbarnsfonden or sharing with other families who have experienced a similar tragedy. Which choice you make is not important as long as it feels right for you and your family.

This brochure was written by parents who have also lost children. We have found that conversation and meeting with others who have experienced similar circumstances, provides valuable support and assistance during this difficult time.



## Cherishing your memories

When a young child dies, it is important that you as a parent take your time to say goodbye. Don't rush yourself. Take all the time you need. Keep the child close to you. Hold your child in your arms. Take photos together. It may feel uncomfortable in that moment, but the photos will be precious to you one day.

Dress your child in your choice of clothing, take handprints and footprints, take a lock of hair. Ask your family and close friends to visit you and your child.

## Memorial service

If your child was stillborn or has not been baptised yet, a naming ceremony might help bring some closure. You and your family can recite the child's name, sing together, read poetry and play music. Your child can also receive a blessing.

## Siblings

Children also grieve, though not always in the way adults do. Allow your child's siblings to be there when you say goodbye. Sharing their grief will make life a little easier for them.

The process that siblings go through often takes the form of play and asking questions. Try to answer them in the most honest, straightforward manner you can.



The loss of a younger sibling may make a child feel vulnerable and insecure. You can ease their fears by spending as much time as possible with them.

*What can bring back the joy I knew,  
Where will I find the strength to go on?  
I feel my child's presence whatever I do,  
But I will weep later in the grey light of dawn.*

## Friends and relatives

To encounter a person who has lost a child is for most people a new and very difficult situation. What should they say? How should they react? Be clear on how you would like them to act towards you. Tell them about your feelings and thoughts.

Some people might have opinions on how long is best to grieve. If you should encounter these opinions, remember they are just opinions. There is no time limit on grieving, everybody grieves in different ways, Everybody has the right to grieve at their own pace.