



# *It's never too late to bring your baby home.*

Information and resources for bereaved parents about the option to bring your stillborn or deceased baby home.

Are you reading this website right now and wishing you had known more when you lost your baby so that you could have honored your baby's life in this way? I know I felt that way about my own stillborn baby, Vincent, when I first heard about the traditions in New Zealand. And shortly after that I was working with a client who had had a miscarriage 1 1/2 years prior and found herself pregnant again but was having trouble fully embracing that pregnancy because on some level it felt like a betrayal to the lost baby. Her experience of the miscarriage had been a typical North American response of "it's no big deal." I told her about what I had learned about how different cultures deal with lost babies and we decided together to visualize a homecoming for her own lost baby. Below is how I guided her through this visualization. You could also do this as a couple.

Close your eyes, take a few deep breaths. Then just notice your breath without trying to change it or control it. This will help bring you into your body. Invite your lost baby into your heart. Feel them there. Take as long as you need. If you did not have a chance to name your lost baby, see if there is a name that you would like to give them now. If there is – call them by that name. And it is okay if you just want to call them baby.

Now imagine all your loved ones gathered in a circle – relatives, friends, all those who you would like to introduce to your baby, and who you would like your baby to meet. You may want to acknowledge each of them by name. Imagine yourself gently placing your baby in the center of this circle of love and saying to the people in the circle something like "This is \_\_\_\_\_ (name or "my baby"), who is an important part of my life and whom I love deeply. I wanted you to know \_\_\_\_\_ (name or "my baby"), too, so they could be loved by you as well." \*

Let yourself really feel the love in this circle, for you and your baby. Allow yourself to rest in this love as long as you desire. If you would like, you can also invite other lost loved ones into the circle. You can invite them yourself or you can ask people in the circle to invite them. Some of them you may have known while they were alive, and some may be relatives you never had the chance to meet but who belong to your circle. Feel the love expand as your baby is embraced by all those who love you, living and dead. Go to the center of the circle, take your baby in your arms and notice how you feel. You may want to give thanks to all those who are surrounding you in love. You may want to tell your baby again how much they are loved. You can also ask if your baby has anything they want to say to you. In your own time, open your eyes and gently come back to this moment

\*These words are not meant to be a script. The words above are merely an example of what you might say. Always listen to your heart and do and say what's right for you.



**The author:** Lianne Raymond specializes in developmental psychology and is a personal coach to women – guiding them on the path to their most full and authentic lives. Lianne is also a bereaved parent. You can find her at [lianneraymond.com](http://lianneraymond.com)

For more answers to your questions about bringing stillborn and deceased babies home, go to <http://whenyourbabydies.com/q/>