Blessedly Held

A FREE GUIDE FOR YOU · HEALING AFTER LOSS

Healing While My Baby Shines in Heaven

For miscarriage, stillbirth, infant loss,
or the loss of a child of any age

Your baby matters. Your grief is love.

Take one small step at a time.



SECTION 1

We are so sorry

Your baby matters. Your grief is love.

> “Whether you lost your baby before birth, your child was born still, lived a short time, or grew up with you, your child is loved and remembered. There is no wrong way to grieve.”
>
> From our website, blessedlyheld.com

This guide is for you, mom or dad. Read one page at a time. Skip anything that feels too hard today. Come back whenever you are ready.

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“The LORD is close to the brokenhearted and saves those who are crushed in spirit.”

Psalm 34:18 (NIV)



SECTION 2

It’s okay

Permission to grieve your way.

- **It’s okay to rest.** Grief is tiring.
- **It’s okay to take time alone to heal.** Quiet time with God is not hiding. It is healing.
- **It’s okay to say your baby’s name,** or your child’s name. It is still their name.
- **It’s okay to keep what you want to keep.** There is no rush to put things away.
- **It’s okay to research,** ask your doctor questions, and look for answers. It’s also okay to stop.
- **It’s okay to seek help,** like a counselor or a support group, or to wait until you are ready.
- **It’s okay to try new things** that bring comfort, like writing a letter to your baby or a quiet walk.
- **It’s okay to take a break** from people, social media, or hard conversations, whenever you need.
- **It’s okay not to be okay.** Grief comes in waves, and it can come back.

Dads grieve too

Dads, your grief matters. You don’t have to be the strong one all the time. You lost your baby too.



SECTION 3

Light a candle

A gentle way to remember your baby.

On our Light a Candle page, you can light a candle in memory of your baby or child. You can do it on a hard day, at night, or any time your heart needs it.

Light a candle

Remember your baby on our candle page

blessedlyheld.com/remembrance

How to light a candle

- Scan the code with your phone camera.
- Choose a candle and add your baby's name, if you want.
- Take a quiet moment to pray.

Good days to light a candle

Your baby's due date or birthday. The day you said goodbye. Mother's Day and Father's Day. And **October 15**, Pregnancy and Infant Loss Awareness Day.

You can invite family and friends to light a candle too. It can help to know others remember with you.

"Jesus wept."

John 11:35 (NIV)



SECTION 4

A small ceremony, or not

There is no “too early” and no “too small.”

It’s okay to have a small ceremony for your baby, even if your baby was only one or two weeks along. Your baby was real, and your love is real. It’s also okay not to have a ceremony. Both choices are okay.

A memorial can be any size. It can be just you, or you and your spouse, or a few people you trust, or a bigger service for an older child.

Simple ideas

- Light a candle and read a verse together.
- Give your baby a name, if you haven’t yet.
- Write a letter to your baby and read it aloud, or keep it private.
- Plant a tree, a rose bush, or flowers that bloom each year.
- Make a keepsake box with ultrasound pictures, cards, or a blanket.
- Ask your pastor to pray with you, at church or at home.
- For an older child: a memorial or celebration of life, a garden or bench at home, or a yearly walk or meal in their honor.



SECTION 5

Hard days and milestones

Plan something gentle, or let the day be quiet.

Some days are extra hard. They often come back every year.

- **Your baby's due date** and **the day you said goodbye.**
- **Birthdays and anniversaries** of your child.
- **Holidays,** Mother's Day, Father's Day, and October 15.
- **School milestones** for an older child: the first day of school, a sports season, a graduation, or friends growing up.

Ideas for hard days

- Plan something gentle: a favorite meal, a quiet drive, time in nature.
- Light a candle or visit a special place.
- Tell a few close people ahead of time, so they can check in.
- It's okay to skip events or leave early.
- It's okay if a day you expected to be hard is calm, or a normal day suddenly hurts.

"Record my misery; list my tears on your scroll—are they not in your record?"

Psalm 56:8 (NIV)



SECTION 6

Siblings, and each other

Everyone in your family grieves in their own way.

If you have other children

- **Use simple, honest words.** Some families avoid words like “sleeping” or “lost,” which can confuse young children.
- **Let them ask questions,** as many times as they need.
- **Remind them it’s not their fault.**
- **Let them remember too.** They can draw a picture, light a candle, or help plant a flower.
- **Keep simple routines** when you can. Ask others to help.
- **Tell their teacher,** if you want, so school can be gentle.

For help with your child’s age and needs, you can talk with their doctor or a licensed counselor.

Grieving with your spouse

Moms and dads may grieve differently. One may want to talk. One may want to be busy or quiet. Both are okay. Be patient with each other. Pray together, even if it’s just one sentence.



SECTION 7

Protecting your heart

You are allowed to set gentle limits.

It’s okay to say no to some events

If a baby shower or a child’s birthday party is a major trigger right now, it’s okay to politely decline. Protecting your heart is not selfish.

Kind ways to decline

- “Thank you so much for inviting me. I won’t be able to come, but I’m sending my love.”
- “I’m truly happy for you. Right now a shower is hard for my heart. I hope you understand.”
- “Thank you for including us. We can’t make it this time, but we hope it’s a wonderful day.”

You can send a card or a small gift if you want to. You don’t have to explain more than you want to.

It’s okay to ask people to be gentle

It’s okay to ask people to please be sensitive to things that might hurt, like having your picture taken, pregnancy news, or certain questions.

Words you can use

- “I’d rather not have my picture taken today. Thank you for understanding.”
- “Could you give me a heads-up by text before sharing pregnancy news? It helps me.”
- “Please keep saying my baby’s name. It means so much.”
- “If you take a photo of all the moms, I may step out. Please don’t take it personally.”

When someone asks, “How many kids do you have?” you can share what feels right that day. “Two: one here and one in Heaven.” Or simply, “One.” Both are okay.



SECTION 8

Speaking up for yourself at work

Asking for what you need is not asking too much.

- **It's okay to ask for bereavement leave after losing your baby, at any stage.** An early loss is still a loss. You can ask for time off to rest, heal, and grieve.
- **It's okay to ask about fertility support benefits,** now or later, if you hope to grow your family.
- **It can take time for an employer to understand.** Be patient with yourself, and keep going, one step at a time.

Our founder knows this personally

Our founder has walked this road herself. Getting fertility benefits took several meetings, many tears and letters, and about 3½ years. If your journey is taking a long time, you are not failing. Small steps still count.

Practical tips

- **Check first, in private.** Read your employee handbook and your benefits plan for words like "bereavement," "leave," "sick time," and "fertility."
- **Ask HR privately.** Ask what leave and benefits you may have, and who will see your information.
- **Put requests in writing.** A short email helps. Keep notes on who you talked to, the date, and what they said.
- **Bring a doctor's note if needed.** You can ask your doctor for a simple note about time off, without sharing details you want to keep private.

A short sample request

Subject: Request for time off

Hi [Name],
Our family has lost our baby. I am requesting time off from [date] to [date] to rest and grieve. What bereavement or other leave is available to me, and do you need anything from me, like a doctor's note? Please keep this private.
Thank you for understanding.
[Your name]

Trusted resources for work

Rules depend on where you live and work, your employer's size, and how long you have worked there. Ask HR, and read the official page.

- **U.S. Department of Labor, Family and Medical Leave Act (FMLA).** The FMLA protects leave for a serious health condition that makes an employee unable to work, for eligible employees of covered employers. dol.gov/agencies/whd/fmla
- **U.S. EEOC, Pregnant Workers Fairness Act.** The EEOC says "pregnancy, childbirth, or related medical conditions" includes miscarriage. Covered employers may need to make reasonable changes at work, like time off to recover. Scan the code below.
- **California:** the Civil Rights Department says most California employees can take up to five days of leave after a reproductive loss, such as a miscarriage or stillbirth. calcivilrights.ca.gov (search "reproductive loss leave")
- **Illinois:** the Department of Labor says eligible employees may take up to 2 weeks (10 workdays) of unpaid leave after events such as a miscarriage, a stillbirth, or the death of a child. labor.illinois.gov (search "Family Bereavement Leave Act")
- **RESOLVE, Coverage at Work.** Tools to help you ask your employer about fertility and family-building benefits. Scan the code below.

Pregnancy loss & work

U.S. EEOC: Pregnant Workers Fairness Act

eeoc.gov

Asking for fertility benefits

RESOLVE: Coverage at Work

resolve.org

Not legal advice. This page is general information, not legal advice. Laws and workplace policies vary and can change. Check with HR, your plan, or the official pages above.



SECTION 9

You are not alone

Many people don’t mean to hurt you. They just don’t understand.

It’s normal to feel alone, or like you don’t belong. This can feel strongest at church, in groups for newlyweds or for parents, where so much of the talk is about babies and kids.

- **You still belong to God’s family.** Your place is not earned by having children.
- **Bring a friend,** sit where you feel comfortable, and leave early if you need to.
- **Look for one safe person**, like a pastor, a mentor, or a friend who listens.
- **Ask about other groups**, or ask your church to start a support group.

Many hurtful words come from people who love you but don’t know what to say. You don’t have to teach them alone.

Share these so others can understand

Give family and friends our free guide, “How to Love Them Well.” Share “Walking Gently Together” with your pastor, so your church can help you feel understood, cared for, and not alone.

For family & friends

Share “How to Love Them Well”
blessedlyheld.com/families-friends

For your church or pastor

Share “Walking Gently Together”
blessedlyheld.com/churches

SECTION 10

Verses for today

Read one slowly. Let God hold you.

“Blessed are those who mourn, for they will be comforted.”

Matthew 5:4 (NIV)

“He heals the brokenhearted and binds up their wounds.”

Psalm 147:3 (NIV)

“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.”

Psalm 139:13–16 (NIV)

“As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem.”

Isaiah 66:13 (NIV)

“‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”

Revelation 21:4 (NIV)

SECTION 11

You are held

You are loved. Your baby is loved.

Why we made this for you

Advocating for yourself is hard, especially when you are hurting. **That is why we made these free resources.** You don't have to find the words alone. You can simply share these pages.

More comfort is waiting for you

Prayer, gentle words, and support are at blessedlyheld.com. Visit whenever you are ready. There is no rush.

For you: more comfort

Prayer, gentle words, and support
blessedlyheld.com

Also in this guide

- ★ **Light a candle:** scan the code on page 4.
- ★ **Share with family, friends, and your church or pastor:** scan the codes on page 11.

If you feel unsafe or don't want to be alive

Call or text **988**, the Suicide & Crisis Lifeline (free, 24/7). In an emergency, call **911**.

This guide is gentle encouragement, not medical, mental health, legal, or insurance advice. Please talk with your doctor, a licensed counselor, or your plan for care and details. Scripture quotations marked NIV are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission. All rights reserved worldwide. © 2026 Blessedly Held. Free to copy and share.