

THE CHILD NOBODY TALKS ABOUT

Every Child Deserves to Be Remembered

Acknowledgment • Memory • Connection • Hope

Your child matters.
Their life matters.
Their place in your
heart is forever.



Some children are rarely spoken of: a baby who died before others knew, a child whose name makes people uncomfortable, a child whose life was brief, or a child lost many years ago. Silence does not lessen love. Your child belongs in your story.

You do not need permission to remember.
Your love speaks their name, even in silence.

1 WHEN OTHERS ARE SILENT

- People may avoid saying your child's name.
- They may not know what to say.
- Their silence can feel like your child is forgotten.
- Your grief deserves acknowledgment.

2 WHY IT HURTS

- Love needs a place to be spoken.
- Milestones can make the silence feel louder.
- You may feel lonely even among others.
- You may long for someone to remember with you.

3 YOUR CHILD BELONGS

- Their life is part of your family's story.
- You can speak their name when it feels right.
- You do not have to minimize your loss.
- Their place in your heart is real and lasting.

4 GENTLE WAYS TO REMEMBER

- Share a story, photo, or small memory.
- Write a letter to your child.
- Light a candle on a meaningful day.
- Create a ritual that feels true to you.

5 WHEN YOU NEED WORDS

- "I miss my child."
- "I would like to talk about them."
- "Please say their name with me."
- "This day is hard for me."

6 SUPPORT & CONNECTION

- Choose one safe person to confide in.
- Seek others who understand child loss.
- Consider a support group or counselor.
- You do not have to carry the silence alone.

7 FOR FAMILY & FRIENDS

- Acknowledge the child by name.
- Listen without trying to fix the grief.
- Remember meaningful dates.
- Let love and memory be welcome.

8 HOPE FOR TOMORROW

- Remembering is not moving backward.
- Love can be carried into the future.
- Joy and sorrow may live side by side.
- Your child will always matter.



MOURNING DISCOVERIES

Compassionate Grief Support, Education & Guidance
Your child matters. Their place in your heart is forever.

www.mourningdiscoveries.com
www.yourgriefresources.com
yourgriefresources@gmail.com • 315-725-6132
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