

# HOW TO MAKE A

# Memory Box

# FOR YOUR CHILD

## 1) GATHER THE ITEMS YOU WISH TO KEEP

FOR CHILDREN ITEMS MAY INCLUDE

- HOSPITAL WRISTBANDS
- PHOTOS
- ULTRASOUND PHOTOS
- SPECIAL TOYS
- SPECIAL CARDS (BIRTHDAY, CONGRATULATIONS)
- VERY SPECIAL ITEMS (FAVOURITE T-SHIRT LONG GROWN OUT OF)

FOR ANGEL BABIES THE ITEMS ABOVE, PLUS

- CONDOLENCE CARDS AND LETTERS
- JOURNALING OF YOUR THOUGHTS AND FEELINGS
- PROGRAMS FROM ANY MEMORIAL SERVICE
- ITEMS MADE FOR YOUR BABY THAT THEY NEVER GOT TO USE (EG HANDMADE TOY, CROCHETED RUG)

## 2) SELECT A SUITABLE BOX/ CONTAINER

## 3) LOVINGLY ARRANGE ITEMS IN THE CONTAINER

## 4) DECORATE AND LABEL THE CONTAINER



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