



# “Eidel Äerm”

*Consultations for bereaved parents*

For parents who have lost their baby during pregnancy, at birth, or within the first year of life.

• You are no longer  
where you once were,  
but you are  
everywhere I am •

Anonymous



## Your baby has passed away - what can you do?

This is a difficult question. There is no right or wrong answer - only what feels right for you.

- Take the time you need to process the news, at your own pace.
- Do not hesitate to talk to your doctor; every question and every emotion deserves to be heard.
- If you wish, you can spend some time with your baby - hold your baby in your arms, or dress your baby. This moment can be precious. Fear is natural, and sometimes, by acknowledging it, we slowly begin to let go.
- Giving your child a name can also hold deep meaning for you.
- You may wish to keep a memento - a photo, a footprint or handprint, a lock of hair, or your baby's hospital bracelet.
- Sometimes, relatives may want to see the baby; if it feels right to you, you can share this moment with them.
- Follow-up care with a midwife after birth is also possible.
- Some families choose to give their baby a symbolic object: a letter, a drawing, a soft toy, or another small item filled with love.

• Even the smallest  
life can leave an  
everlasting mark •

Anonymous

## We are here for you

In moments of unspeakable pain, when faced with such a profound loss, it can be invaluable to find a space for listening, information and comfort.

The "Eidel Äerm service" was created by parents who themselves experienced the loss of a child. Today, it is carried forward by experienced and compassionate professionals, specially trained to accompany each parent with sensitivity and respect.

## You are not alone

From the very first moments, you can receive attentive and confidential support through individual consultations, in a safe and non-judgmental space for listening.

Consultations are free of charge!

• *It is not the length of a life  
that gives it meaning,  
but the love that filled it* •



Anonymous