

Explore the following suggestions for events and annual awareness dates that recognize the profound grief experienced by those affected by pregnancy and infant loss. Incorporating group activities can cultivate community support, offering meaningful opportunities not only for mothers and fathers but also for those who support them.

Follow Kristen Riecke for more or email NoMatterHowSmallBook@gmail.com



Copyright © 2024 Kristen Riecke, all rights reserved

Annual Events:

- Jan/Feb - An indoor activity especially for regions where the weather isn't conducive to outside gatherings. This time of the year can also be very dark and depressive. Having an artistic outlet can provide hope and tap into creativity.
 - Painting—wine and canvas
 - Pottery class
 - Create, destroy, recreate event
- March - March Pregnancy After a Loss Awareness Month
 - Sip and See Event for Rainbow babies born in the previous year
- April - A group fitness class or other physical activity meant as an active outlet for grieving.
 - Rage Room
 - Planetarium
 - Guided Night Hike
 - Equine Group Therapy Session
 - Partner with the local YMCA or fitness center
 - bang the drum class
 - pound class
 - yoga
 - meditation
 - kickboxing
- May - Bereaved Mother's Day held annually in the US the First Sunday in May
 - Floral event
 - Mother's Day Tea/Brunch
 - Bereaved Mother's Day Professional Photo Session
- June - Aug - Events to recognize Father's Day & Bereaved Father's Day
 - Balloon release
 - Lantern release
 - Focused events for Dads

- fishing
 - sporting event (baseball)
 - ax throwing
 - curling
 - bowling or laser tag
- October - Pregnancy and Infant Loss Awareness Month
 - Walks
 - Fundraisers
 - Butterfly release
 - Pinwheel/sunflower garden for awareness
 - Awareness event for the community
- November/December - Holiday Grief
 - Ornament making/exchange
 - Christmas candle lighting
 - Blue Christmas/Longest Night services

Awareness Dates:

- March/April
 - Pregnancy After Loss Awareness Month
 - Pregnancy After Loss Awareness Day - March 15
 - National Son's Day - March 4
 - UK Bereaved Mothers Day - Also known as Mothering Sunday is celebrated annually on the fourth Sunday of Lent based upon the church calendar each year.
- May
 - International Bereaved Mother's Day - The first Sunday in May
 - Terminating For Medical Reason Awareness Day - May 4
 - Postpartum Psychosis Awareness Day - May 5
- July
 - International Bereaved Parents Month
 - Bereaved Parents Day - July 1
 - Bereaved Grandparents Month
- August
 - Ectopic & Chemical Pregnancy Awareness Day - August 1
 - International Bereaved Father's Day - The last Sunday in August
- September
 - National Stillbirth Prevention Day - September 19
 - National Daughter's Day - September 25

- World Daughter's Day - September 28
- October
 - International Pregnancy and Infant Loss Awareness Month
 - Awareness Day - October 15
 - Annual International Wave of Light - October 15
- November
 - International Bereaved Siblings Month
 - International Bereaved Siblings Day - November 1

The awareness ribbon colors for Pregnancy and Infant Loss are the pink and blue ribbon. You can purchase pins, bracelets, decals, stickers, etc. online to show support. These items can often be purchased in bulk ([see example here](#)).

Contact [Kristen](#) today for more ideas about supporting those in this community.