"Theodore's Wish"

Theodore's life was short but packed with life lessons. If he was here today he would wish to tell any parent who is blessed to have a baby, even if for a fleeting moment, the following:

❶ Spend all the time you have with your baby pouring all your love into them. So many blessings appear when you focus your time on the love you feel. It is okay to feel sad, scared, angry, or any other natural emotion. Simply recognize it. Give it space. Then go back to flooding your baby with love as soon as you are ready.

❷ No life is too short to have purpose and to leave a legacy. Be open to the journey and you will be forever changed in some of the most blessed ways possible.

❸ A baby conceived with love will never want to dismantle the precious love it was created from. As parents, it is important to take care of your marriage or relationship. Grief is powerful. Love is stronger. So even on the darkest days, choose love. Ride the journey of grief together with an open, gentle heart for each other.

❹ Your heart will forever feel the loss. Watch for signs that your baby is near to give you some comfort. They will show you their presence if you are open to receiving the signs. It will be them saying "I love you", while giving you the hug you long for.

❺ Feeling joy is not wrong, it is encouraged. Your little one would want for you to still feel and see the joy in the world around you.

❻ Choose to see the blessings from your journey and be open to the teachings that are yet to come. It can be hard to see blessings when your heart hurts so profoundly, but trust Theodore when he says that blessings are always there.

Theodore would sum it all up by saying: "Always Choose Love".

As Theodore's Mom my heart hurts for any parent who has to say goodbye to their child. Having experienced infertility, a miscarriage and then saying goodbye 22 precious minutes after Theo was born I can empathize with your pain. Our journeys have been different with a common thread of profound heartache. I wish you peace and love.