

To my first born
CLAIRE



*Happy (supposed) birthday, Claire
December 5th, this day is hard for me the bear
For on this day, you should be born alive
And I should feel your warm body against mine
But I did give birth to you nonetheless
Four months too soon, it was for the best*

*The doctors told me you have only half a heart
HLHS - people please look it up
Abort or keep, we were asked to choose
It didn't feel like a choice
either way, we have so much to lose*

*Delivering you was the happiest day of my life
But on the same day we said our hello and goodbye
The room was still, you did not cry
No one knows what to say when babies die*

*I wasn't ready for the darkness ahead
Every night I cry myself to sleep in bed
Remembering you is easy I do it everyday
But losing you is a heartbreak that never goes away*

*Your ashes are at home with me, I don't know what to do
There is no guidebook for baby loss, this subject is taboo
All the columbarium we visited did not feel right
Or maybe I just couldn't bear for you to leave my sight*

*Grieving you is a lonely journey, I don't care what others say
All the toxic positivity and platitudes, please make it go away
They all move on, this is know for sure
But you will always be in my heart, this I can assure*

*I love you so much, words just can't define
For a mother's love does not fade with time
I can't wait to meet you, when the time has come
Please forgive me, I am your grieving mom.*



*Love,
your mummy
(I hope your are dancing with the angels in heaven ♡)*