



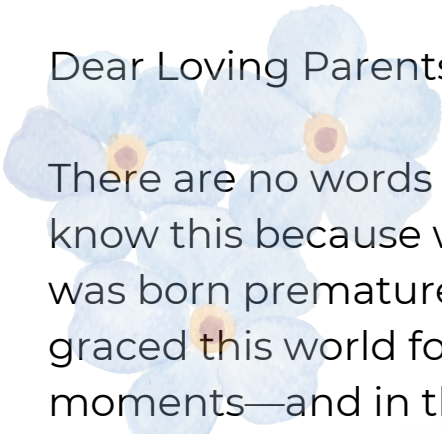
Through the Storm, We Shine Together:

Grief & Healing Journal for
Parents

MARCIELIZ
SUNSHINE
FOUNDATION



MARCIELIZSUNSHINEFOUNDATION.ORG



Dear Loving Parents,

There are no words that can truly ease the pain of losing a child. We know this because we have lived it. Our first child, Marcieliz Sunshine, was born prematurely at 24 weeks due to a placenta abruption. She graced this world for just 42 hours before she left us. In those moments—and in the heavy days that followed—we were overwhelmed by grief, searching for guidance, comfort, and a way to survive the unimaginable together.

What we found was that while there were many resources for mothers, there was little that truly addressed the grief of both parents. The weight of our loss was something we carried as individuals, but we also carried it together as a couple. Through trial and error, we discovered ways to support each other, to heal in our own ways while staying connected, and to allow our love to grow even in the darkest of times.

This journal was born from that journey. It is filled with the tools, reflections, and practices that helped us find moments of peace, honor our daughter's memory, and strengthen our relationship through grief. We created it for parents like us—parents who are hurting but still holding onto each other.

Our hope is that this space offers you comfort, understanding, and a gentle reminder that you are not alone. Grief is a winding road, but you don't have to walk it alone. One day, one moment, one breath at a time—you will find your way through, together.

With love and understanding,
Andribeliz + Edgar,

Marcieliz Sunshine Foundation

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Understanding Your Grief

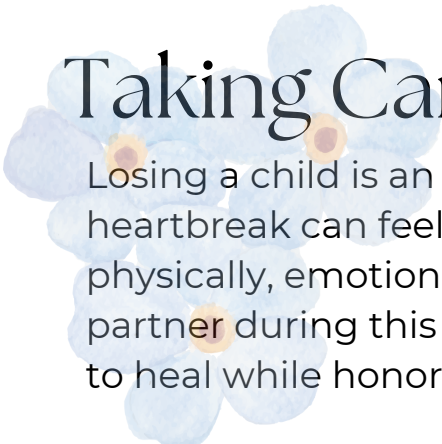
Grief is love in its most painful form. It is a reflection of the deep bond you shared with your child and the dreams you had for them. There is no timeline for grief, no right or wrong way to feel. In the days, weeks, and years ahead, your emotions may shift—sometimes gently, sometimes like waves crashing unexpectedly. This is a natural part of healing.

At first, you may feel numb, unable to fully process what has happened. You might experience disbelief, denial, or a sense of detachment from reality. The loss of a child is an unimaginable pain, and accepting it can take time. Be gentle with yourself.

You may feel anger, sadness, guilt, or even moments of peace. You may question decisions, relive moments, or feel a deep longing for what could have been. Your grief may not look like anyone else's—not even your partner's or loved ones'. That is okay. Everyone navigates loss in their own way.

It is common to feel resentment toward the world moving forward as you stand still in your sorrow. Seeing others with healthy children may bring unexpected pain. You may worry about what the future holds. Know that these emotions are not wrong—they are signs of the love you carry.

Above all, remember that you do not have to rush your healing. Give yourself permission to grieve in your own way, at your own pace. This journal is a space for you to express, reflect, and honor your child in whatever way feels right to you. You are not alone in this journey. Your love endures, and so will you.



Taking Care of Yourself & Each Other

Losing a child is an unimaginable loss, and navigating life after such a heartbreak can feel overwhelming. Grief affects every part of you—physically, emotionally, and mentally. Taking care of yourself and your partner during this time is not about “moving on” but about finding ways to heal while honoring your child’s memory.

Taking Care of Yourself

- *Seek Support:* Grief is not meant to be carried alone. Whether through loved ones, a support group, or a therapist, connecting with others can provide comfort and understanding.
- *Nourish Your Body:* Grief can be exhausting. Prioritize rest, gentle movement, and nourishing foods to help sustain your strength.
- *Express Your Emotions:* Writing, creating art, listening to music, or simply speaking your feelings aloud can be powerful ways to process your grief.
- *Be Patient With Yourself:* Healing is not linear. Some days will feel heavier than others, and that is okay. Give yourself permission to grieve in your own time.

Taking Care of Each Other

- *Communicate Openly:* You and your partner may grieve in different ways. Make space for honest conversations about what you need, without judgment.
- *Honor Your Baby Together:* Light a candle, say their name, create traditions that keep their memory alive in a way that feels right for both of you.
- *Offer Grace and Understanding:* Grief can bring out different emotions in each of you. Be gentle with one another, knowing that you are both hurting in your own way.
- *Lean on Each Other:* There will be moments when one of you feels stronger than the other. Support each other through those times, allowing yourselves to both give and receive comfort.

Above all, remember that you are not alone. Healing happens in the small moments—one day, one breath, one step at a time.

Honoring Our Child

The loss of a child is a deeply personal journey, and finding ways to honor their memory can bring comfort and healing. There is no “right” way to grieve or to celebrate the life of your child. What matters most is finding what feels meaningful to you and your family. Below are some ideas to help you honor your child in ways that resonate with your heart:

- **Create a memory box/scrapbook with their belongings**
- **Light a candle**
- **Dedicate a star in their name + honor**
- **Host an annual event in their name**
- **Write letters to my child**
- **Celebrate my baby’s birthday, due date or other anniversary annually. Discover ways to include their memory in our celebrations**
- **Volunteer and/or make a donation to a meaningful organization in their name**
- **Plant flowers, tree(s) or a garden**
- **Collect items that remind me of my baby**
- **Share my story**
- **Turn my baby’s clothing into a blanket or stuffed animal**

Ways We Plan To Honor Our Child



Helpful Tip to Get The Most Out Of This Journal

Writing can be a powerful tool for processing grief and reflecting on your journey. This journal is designed to help you and your partner navigate the complex emotions of losing your child. By engaging in these prompts, you may uncover thoughts and feelings that lead to healing and connection.

To foster healing as a couple, here is a simple exercise to follow:

1. Choose a writing prompt and write your journal entry on your own page.
2. Allow your partner to write their entry on a separate page, focusing on the same or a different prompt.
3. Once both of you have finished, take turns reading your entries aloud.
 - Begin by reading your own journal entry to your partner.
 - Then allow your partner to read your journal entry back to you.
4. Decide together whether you wish to simply listen to each other or also respond to what has been shared.
5. Remember, there is no “wrong” way to participate. This process is about supporting each other and creating space for healing.

Grief and healing are deeply personal and unique to each individual. By sharing these moments and thoughts together, you and your partner can find strength in your connection and build a bridge toward healing as a team. Take your time, be gentle with yourselves, and remember that this journey is yours to navigate at your own pace.

Writing Prompts

Below are prompts to inspire your writing. You may use them as they are or adapt them to fit your unique journey:



- I don't ever want to forget...
- Write a letter to your child
- I feel better when I...
- When I remember my child, I feel...
- Something I want to do to honor my child's memory is...
- A quote I find helpful is...
- A special moment I shared with my baby is...
- Well-meaning words people have said that I found hurtful are...
- Some grief triggers I have experienced are...
- A special moment I shared with my baby was...
- Things that remind me of my child are...
- Tell the story of my pregnancy
- How did you choose your child's name?
- What does hope mean to me?
- Where am I finding support?
- What does this grief feel like, personally, for me?
- What would I like other people to know or do?
- How I have changed since my baby died...
- A few things I am grateful for are...
- In what way does life feel different?
- Today I feel...
- How have my relationships changed?
- A message of hope I want to give myself is...
- The day my baby passed, I remember feeling...
- If I could have one more moment with my child, I would...
- One thing that helps me get through the tough days is...
- I express my grief by...
- The moment I found out I was going to be a parent, I felt...
- I feel most connected to my baby when...
- One way I can take care of myself through this grief is...



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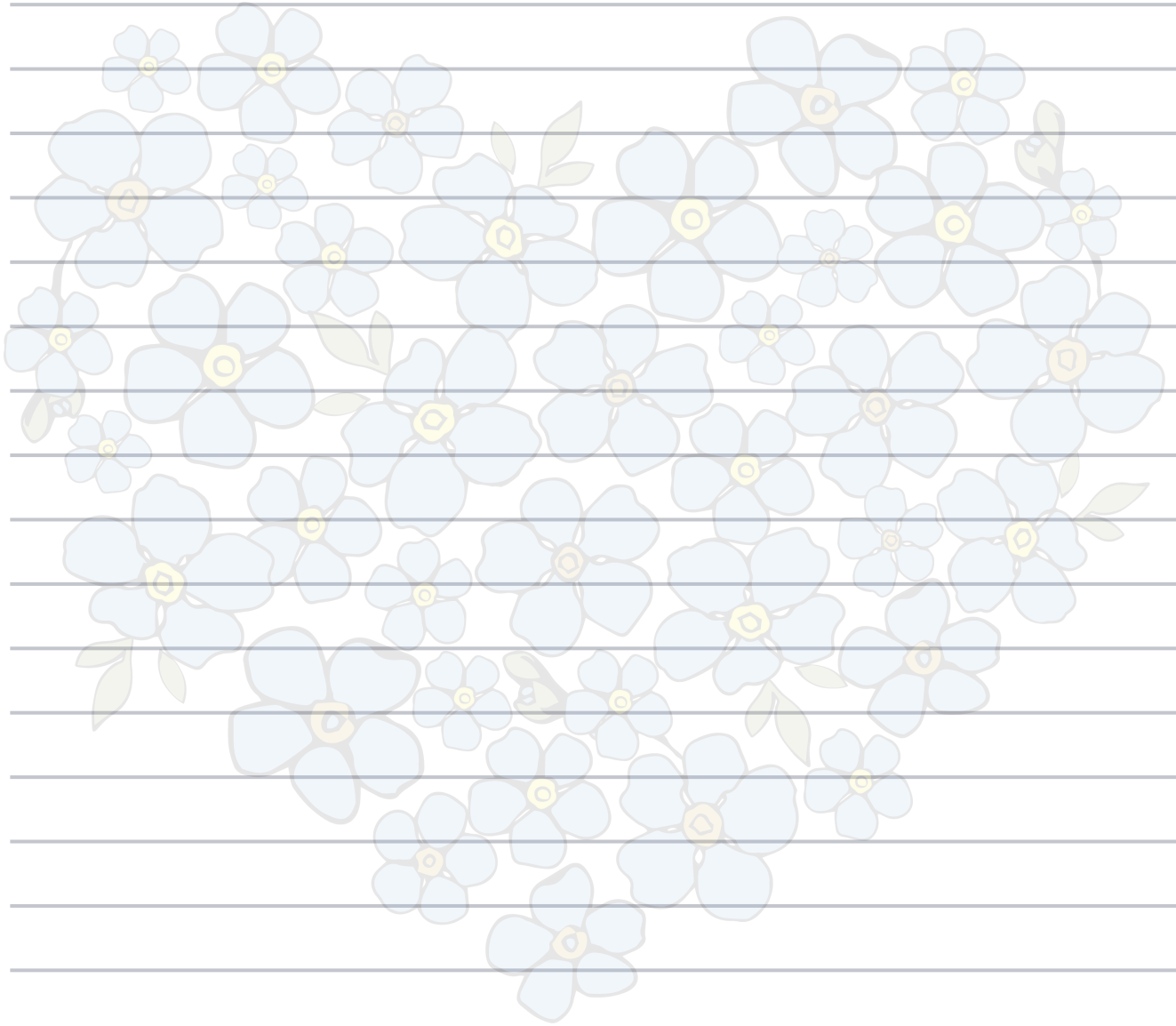
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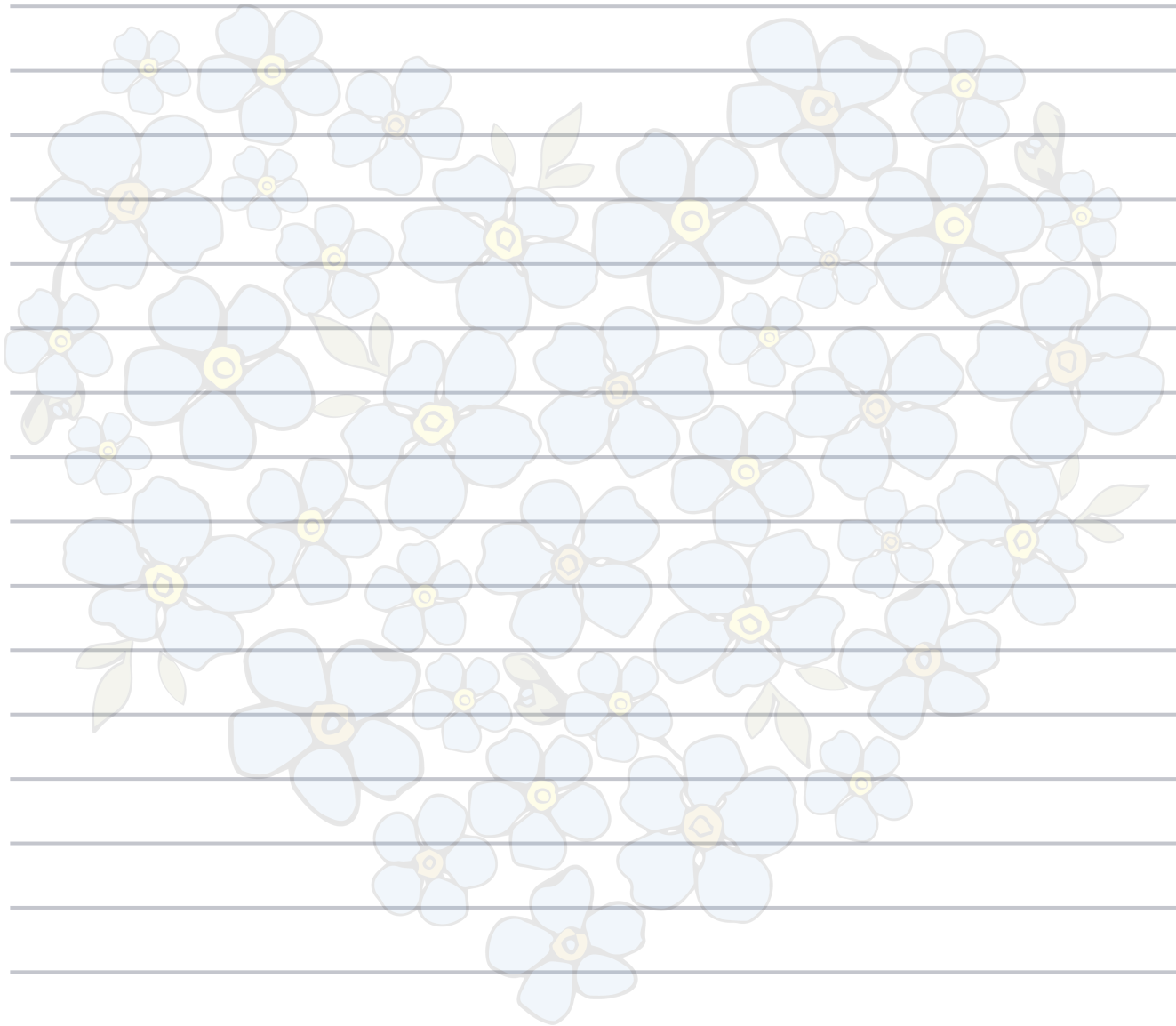
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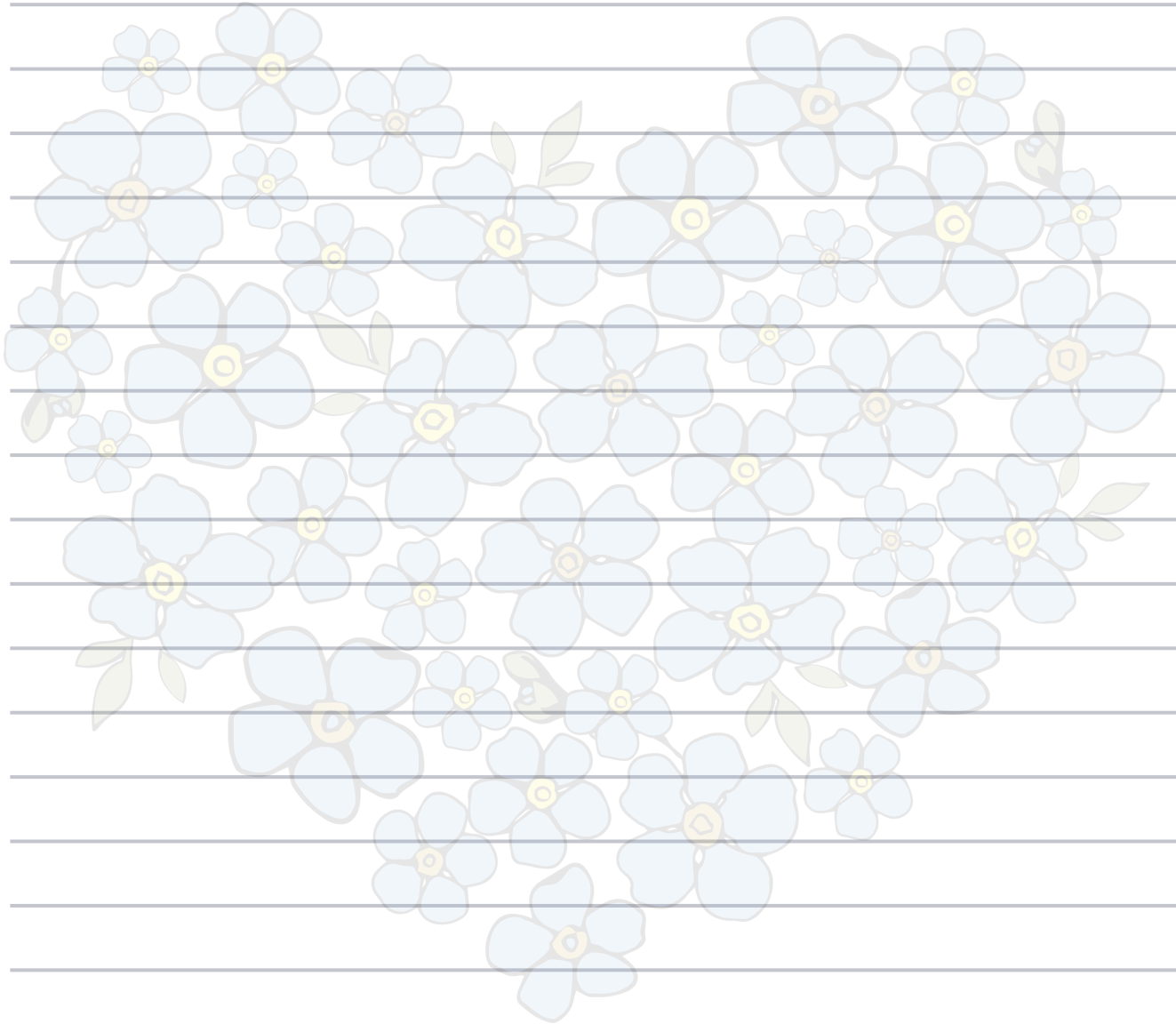
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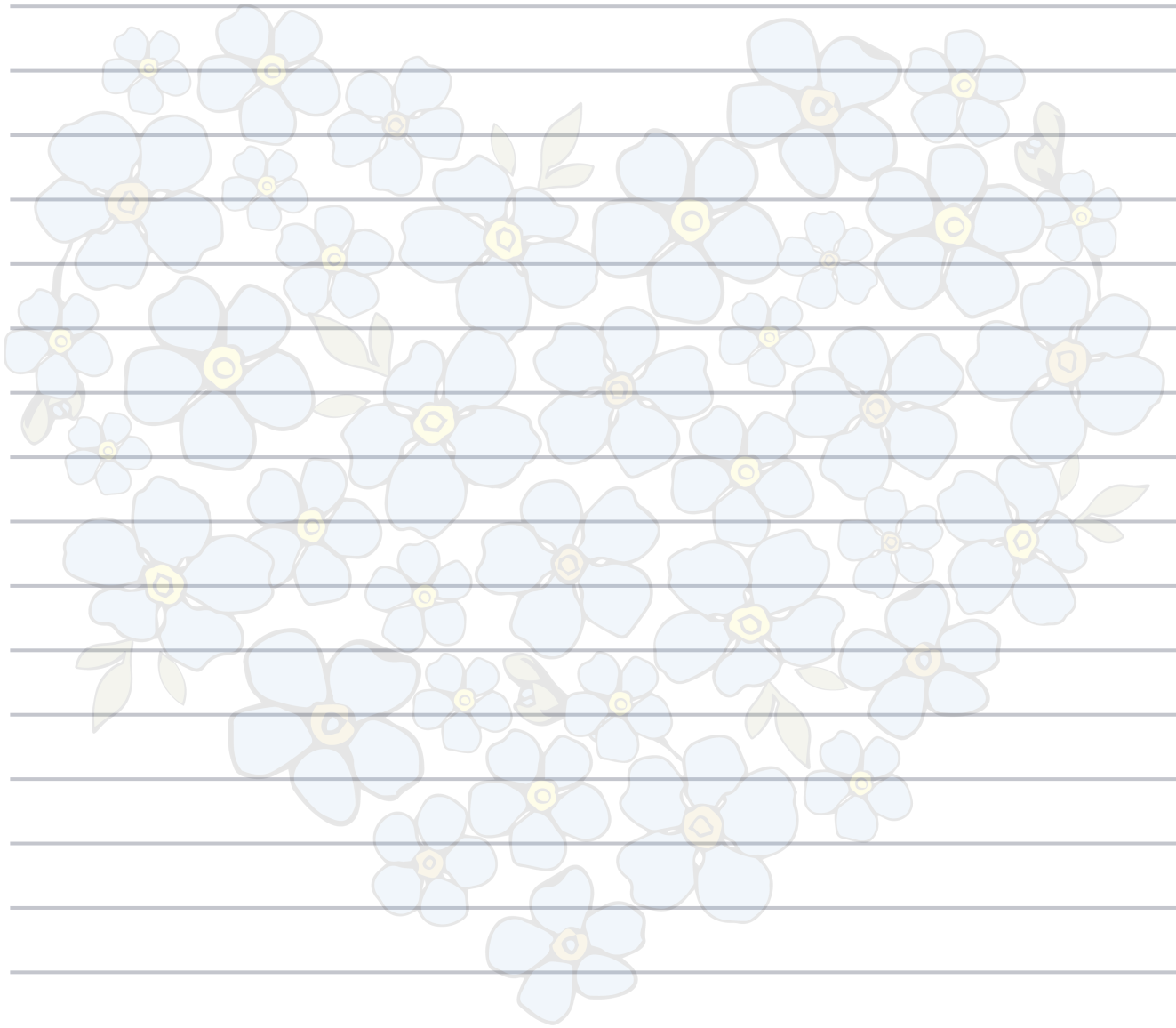
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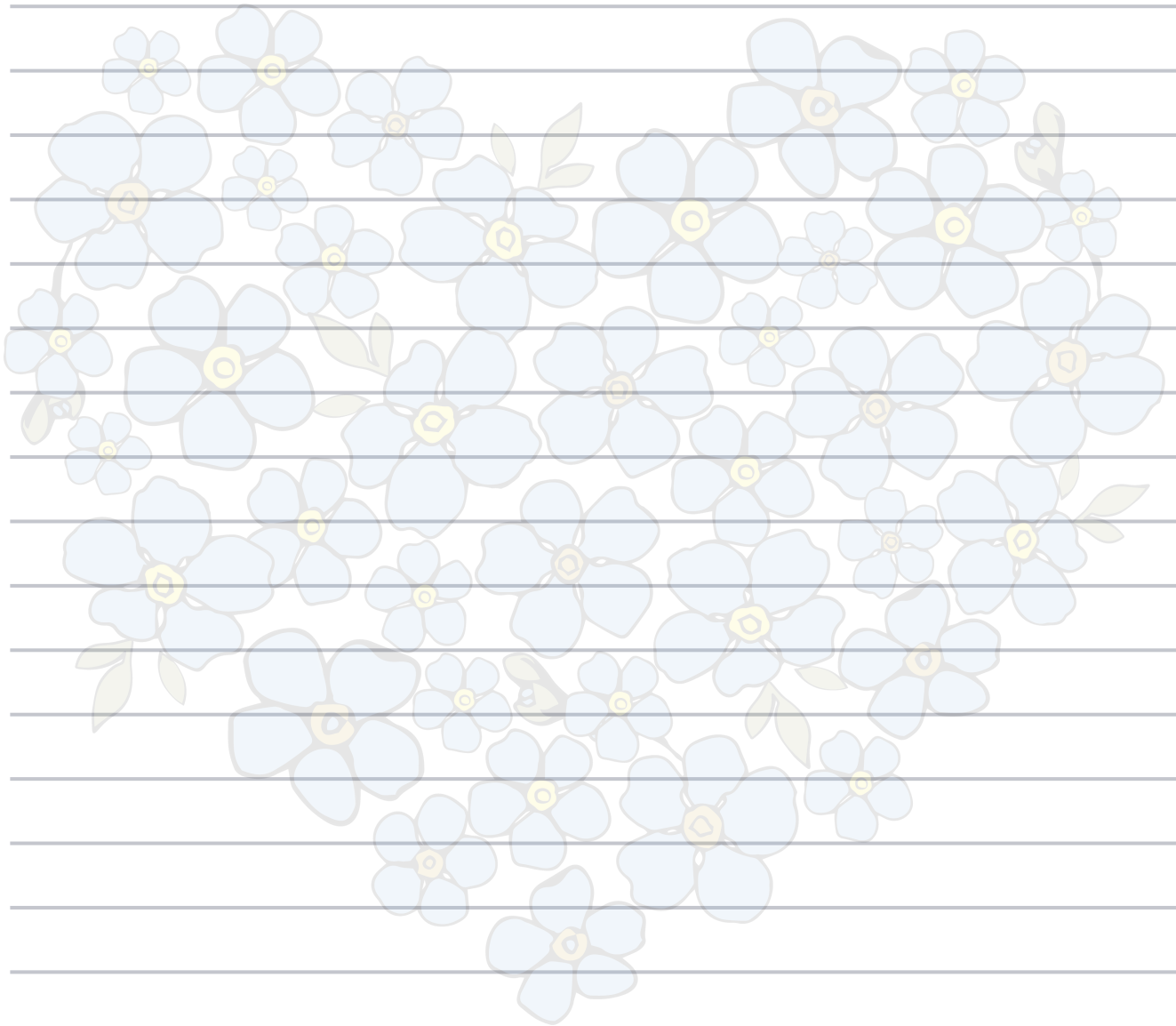


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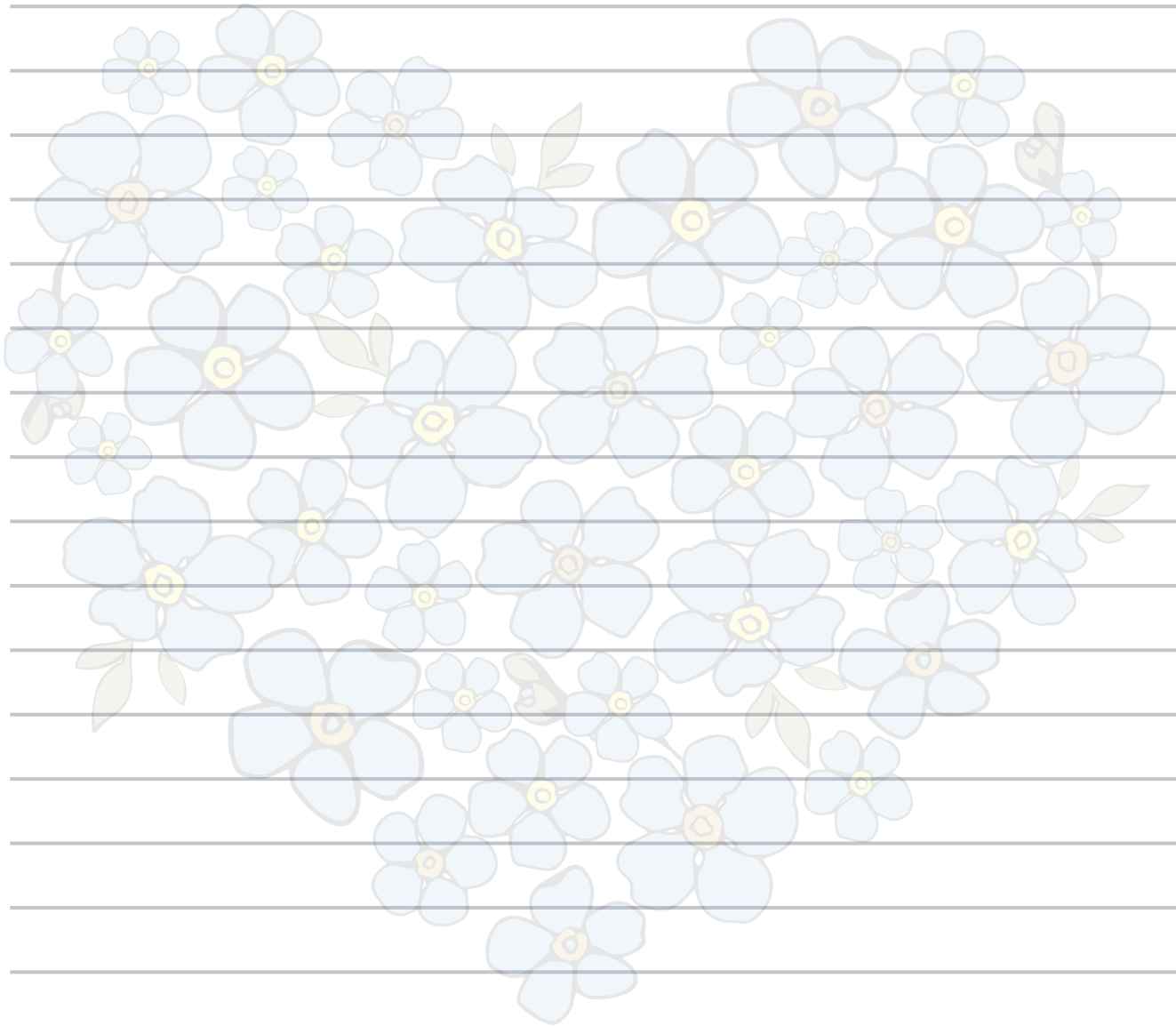


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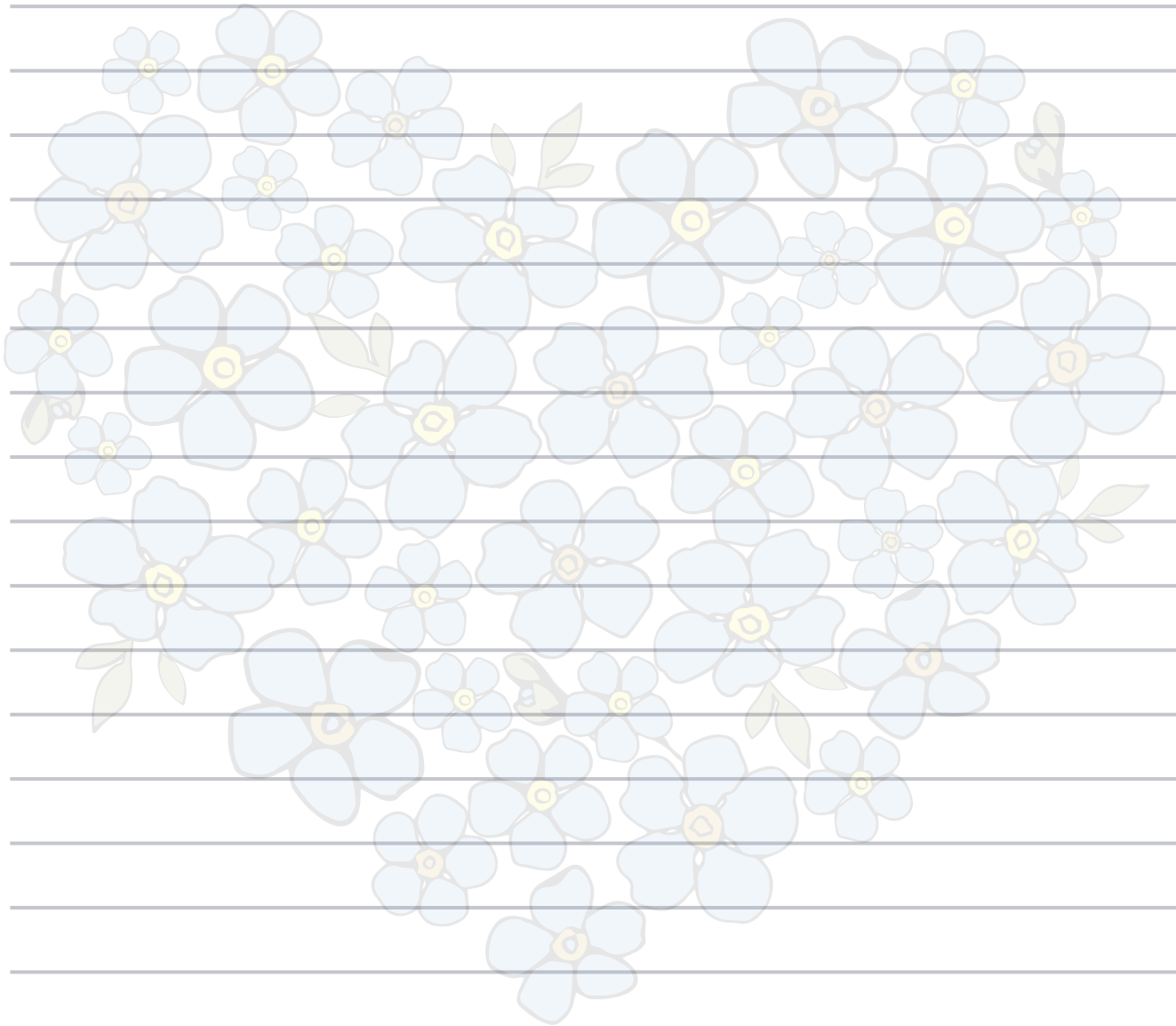


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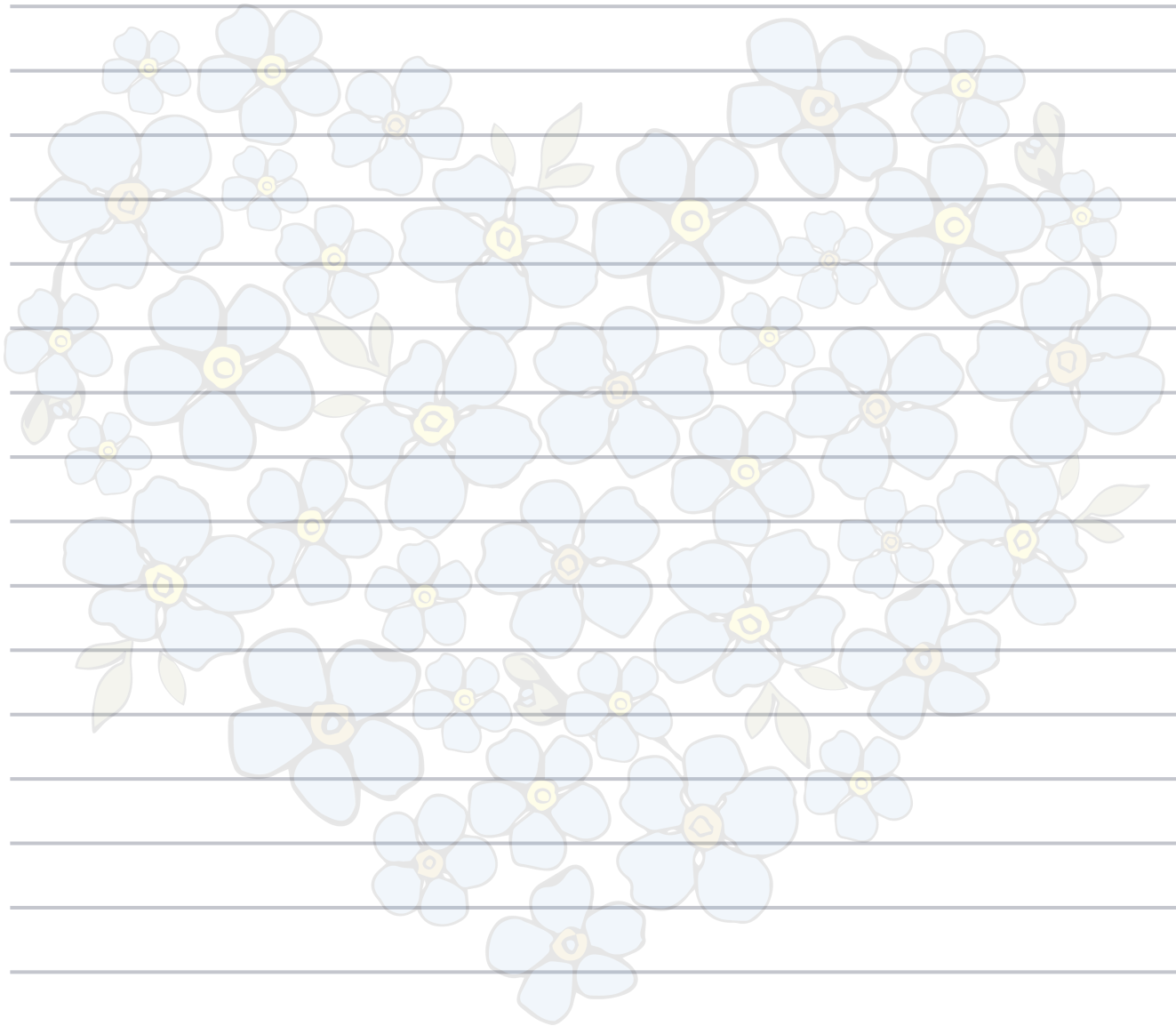
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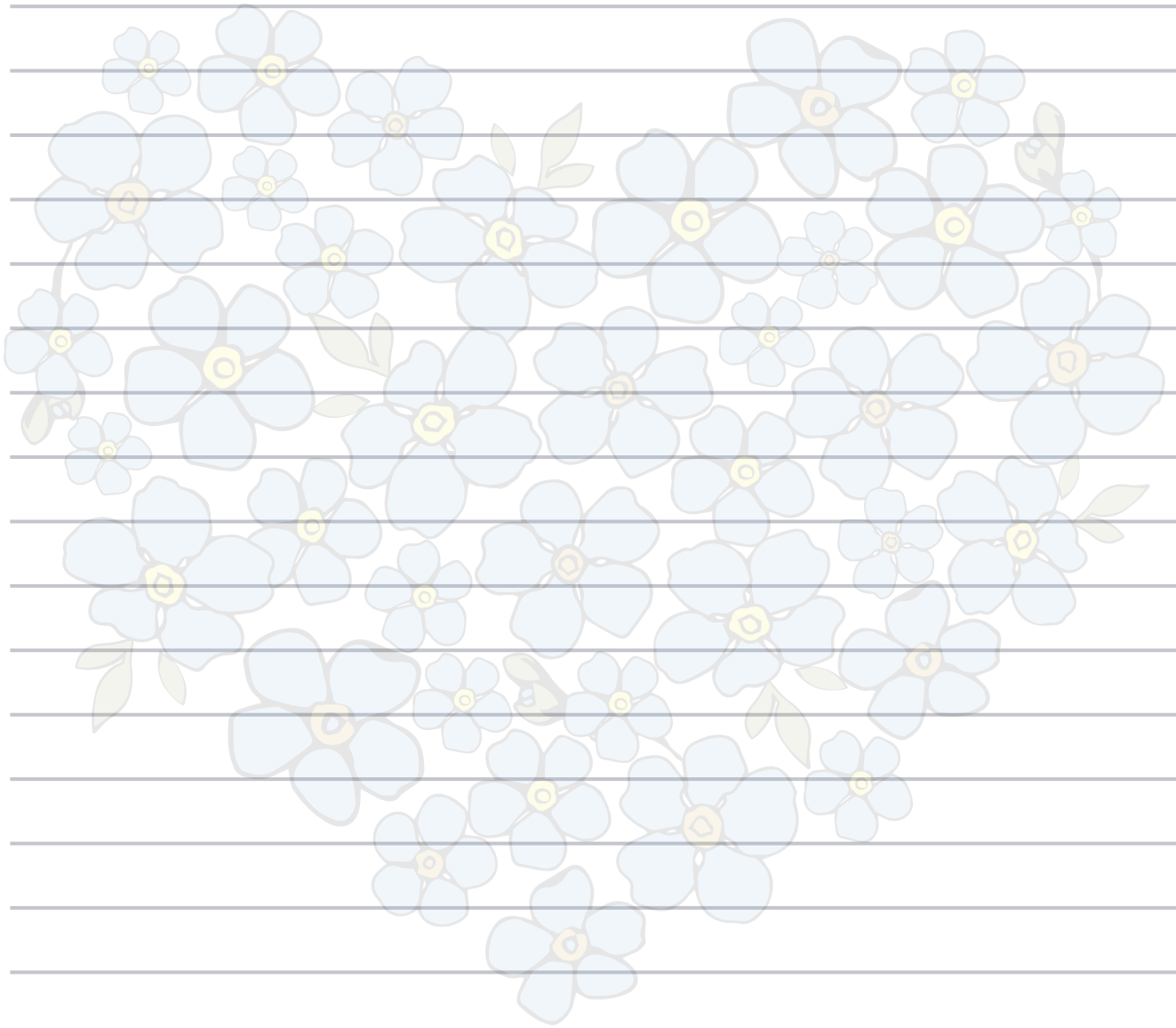
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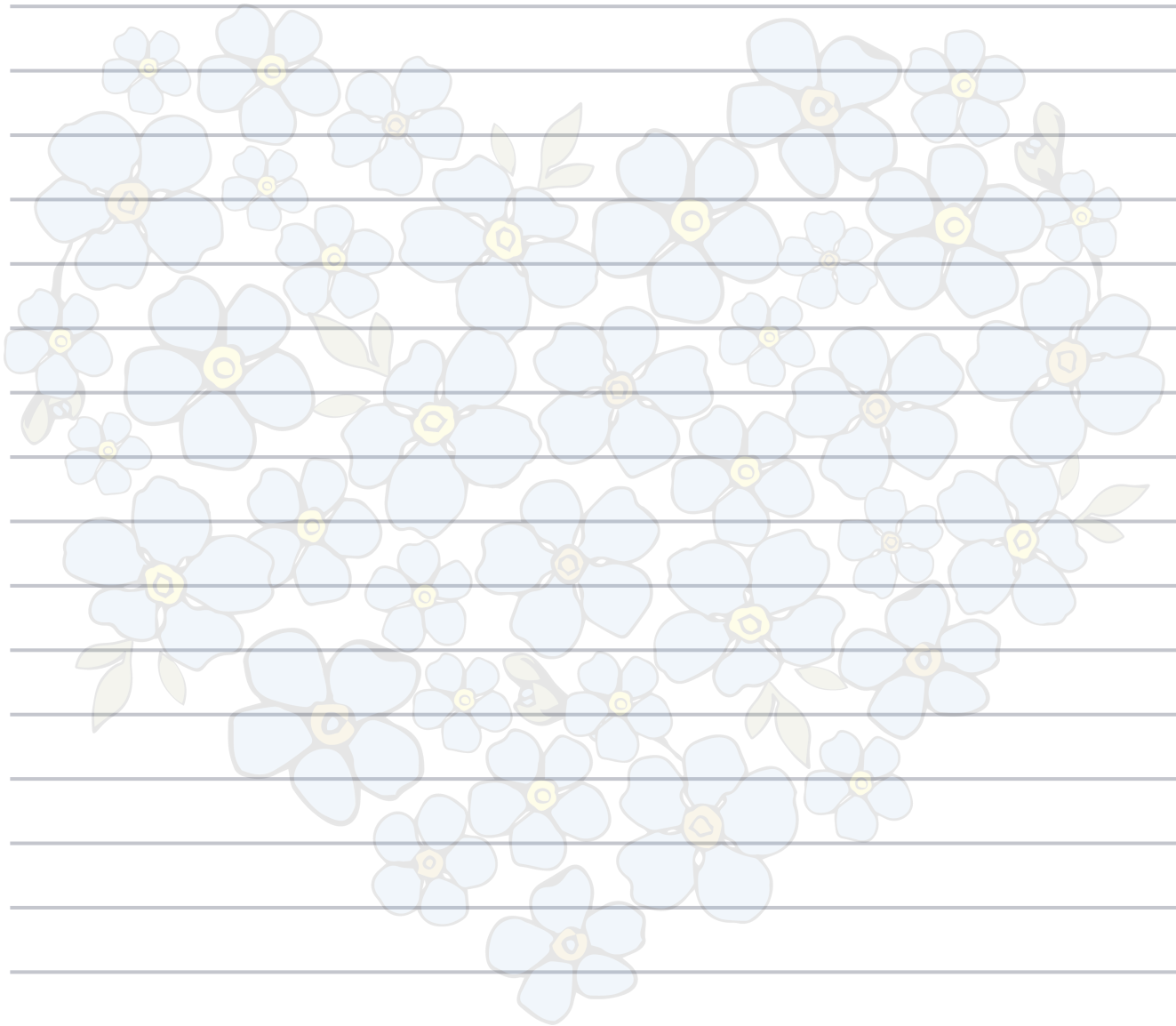
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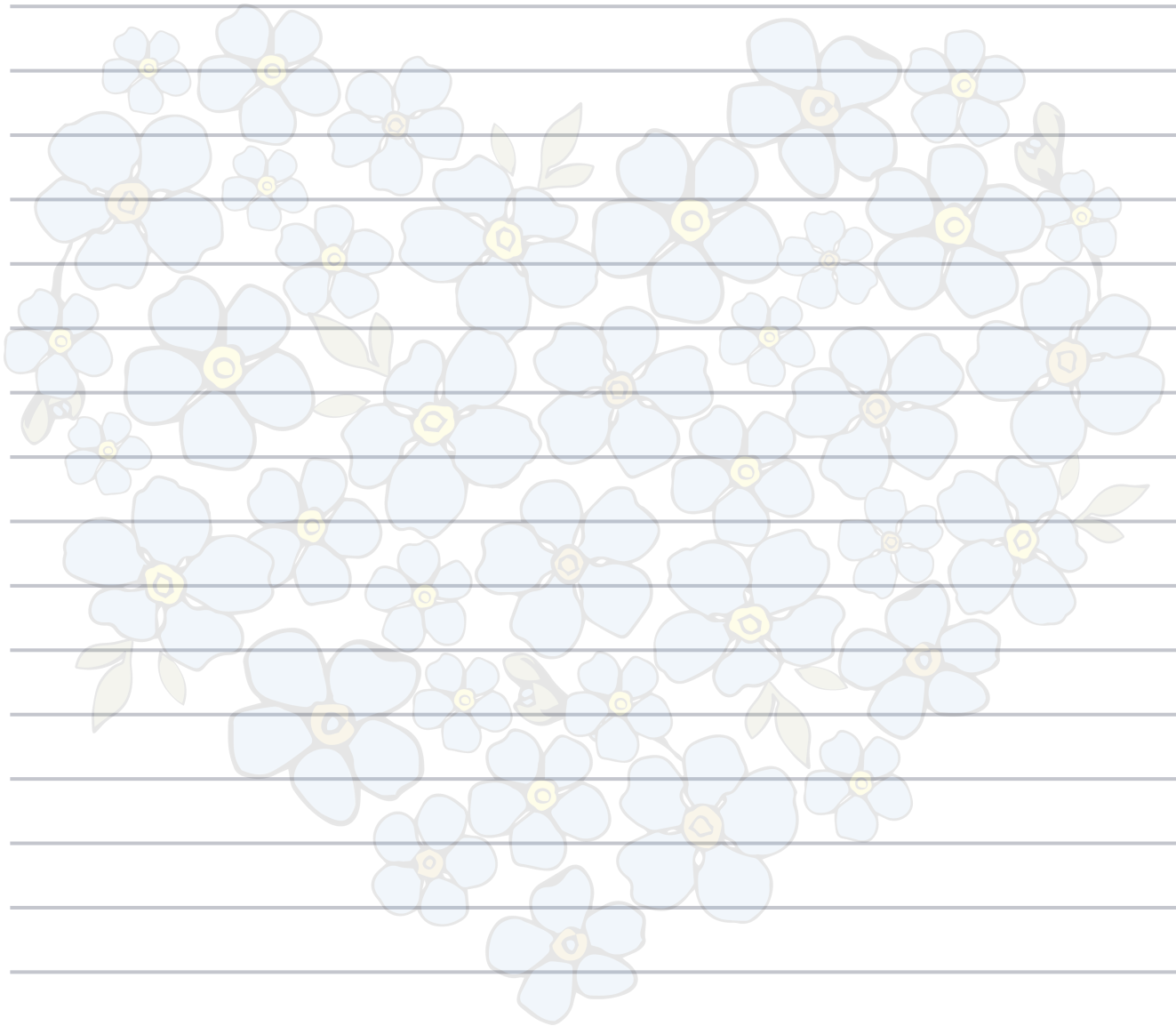
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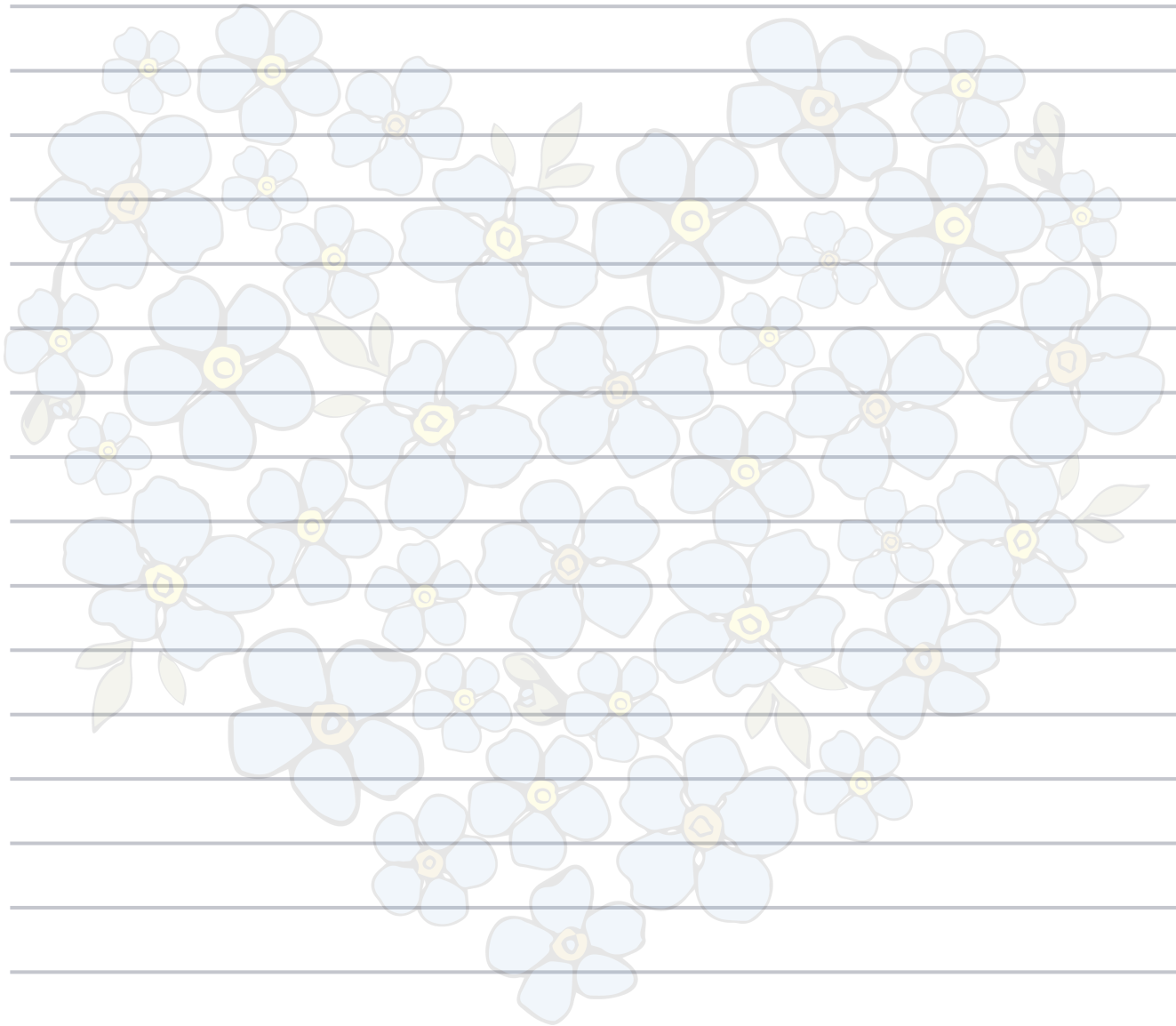


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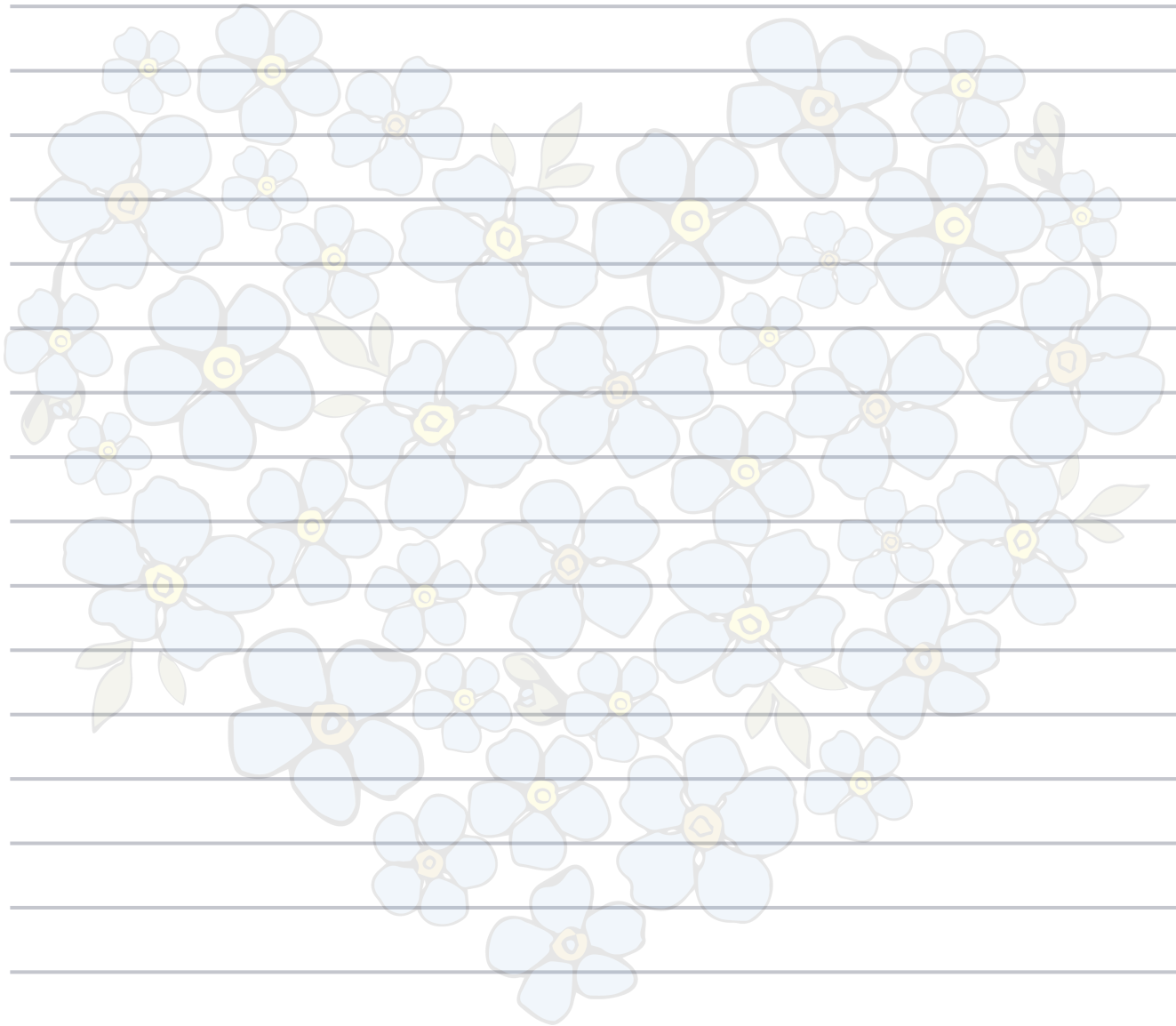


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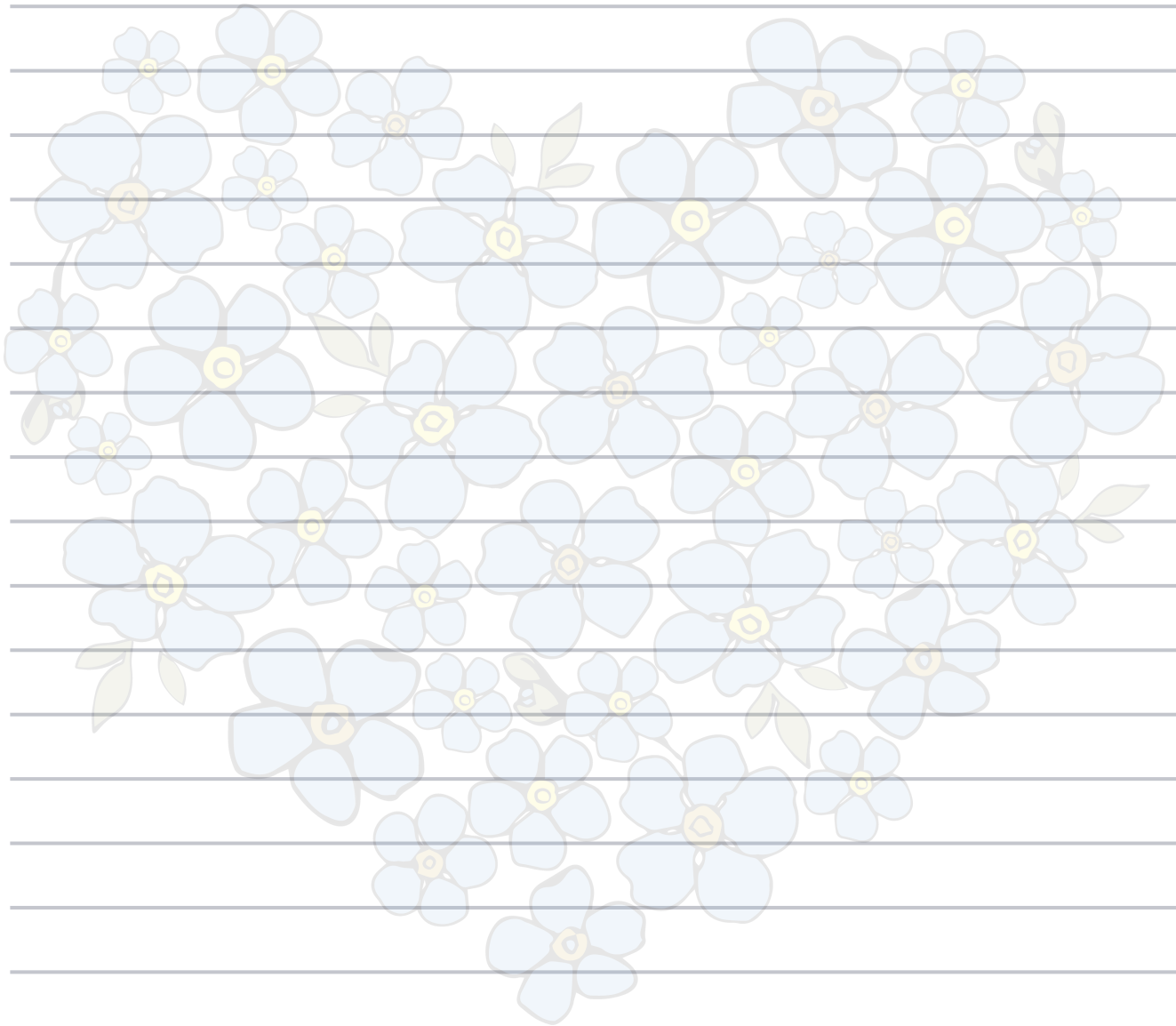
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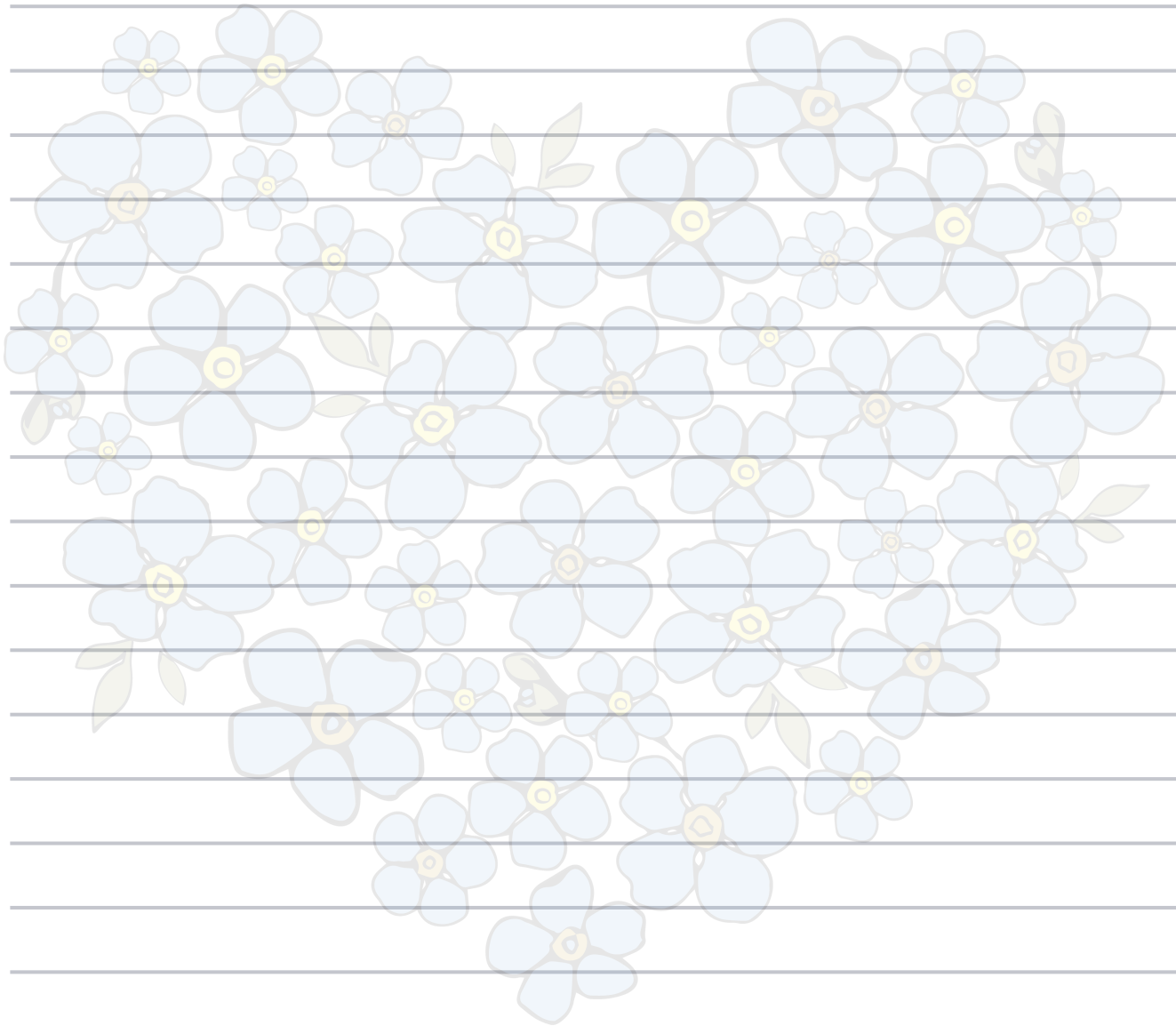


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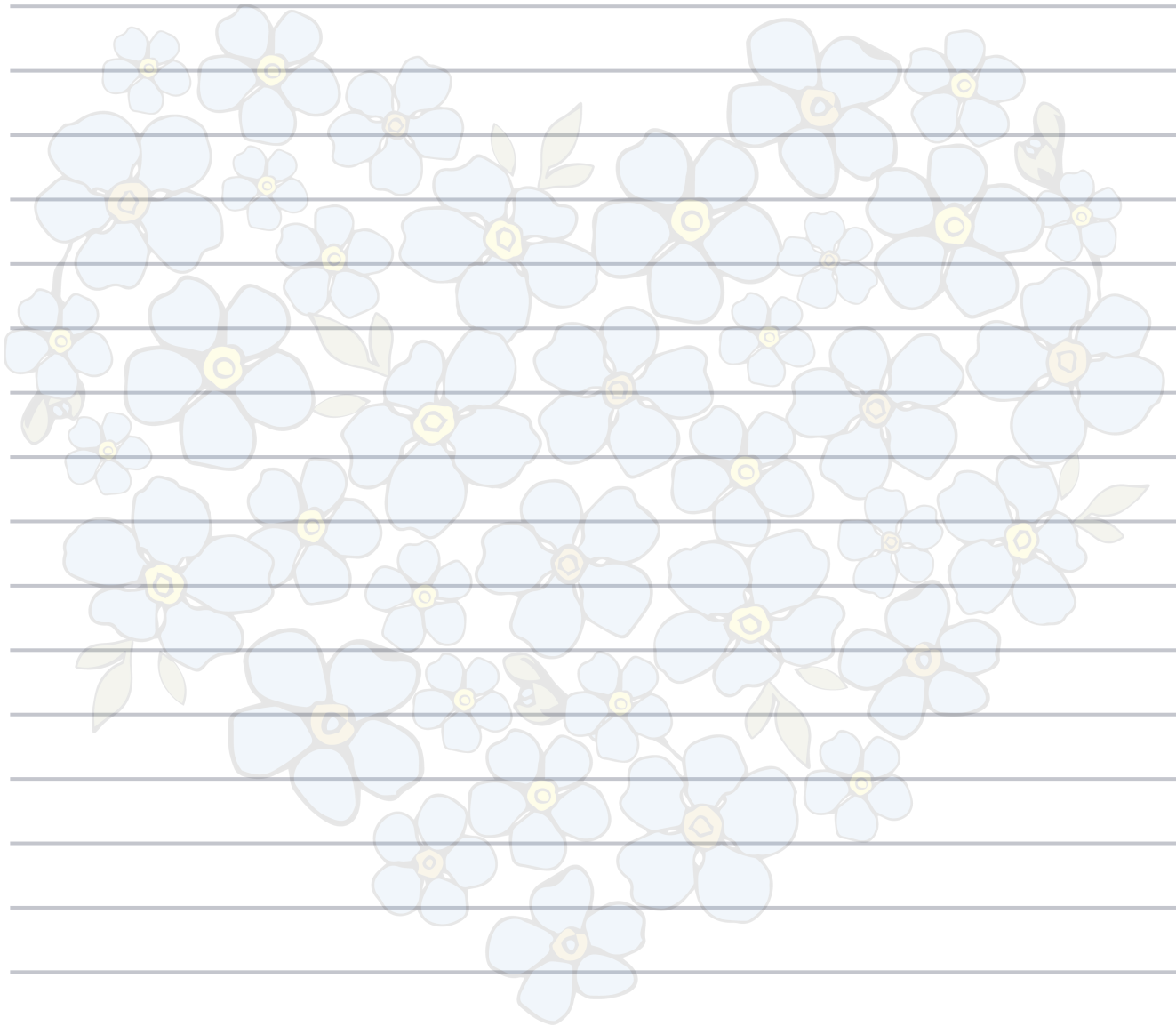


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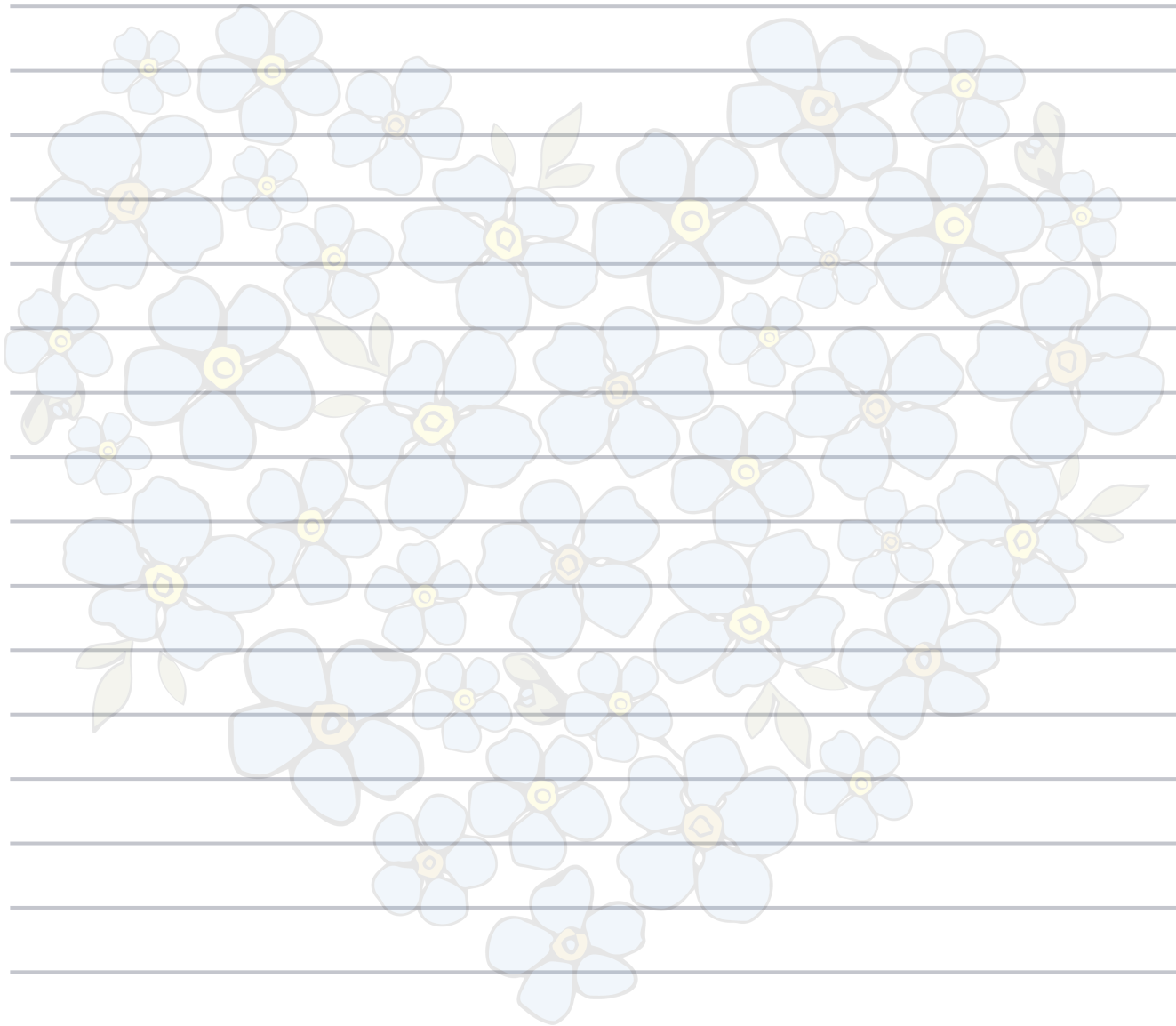
A bright sun with rays shining over a body of water, with a small boat visible in the distance.

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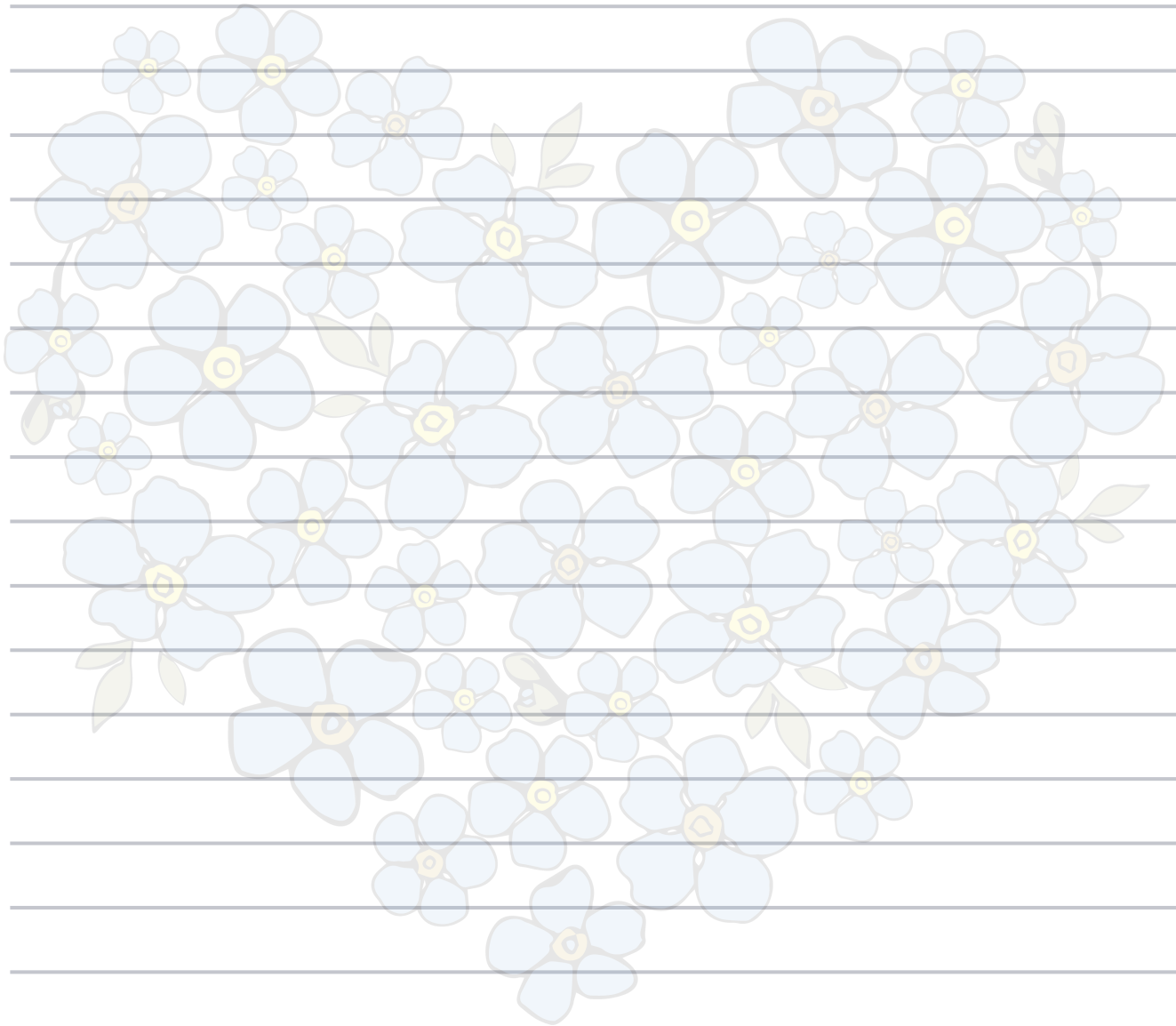


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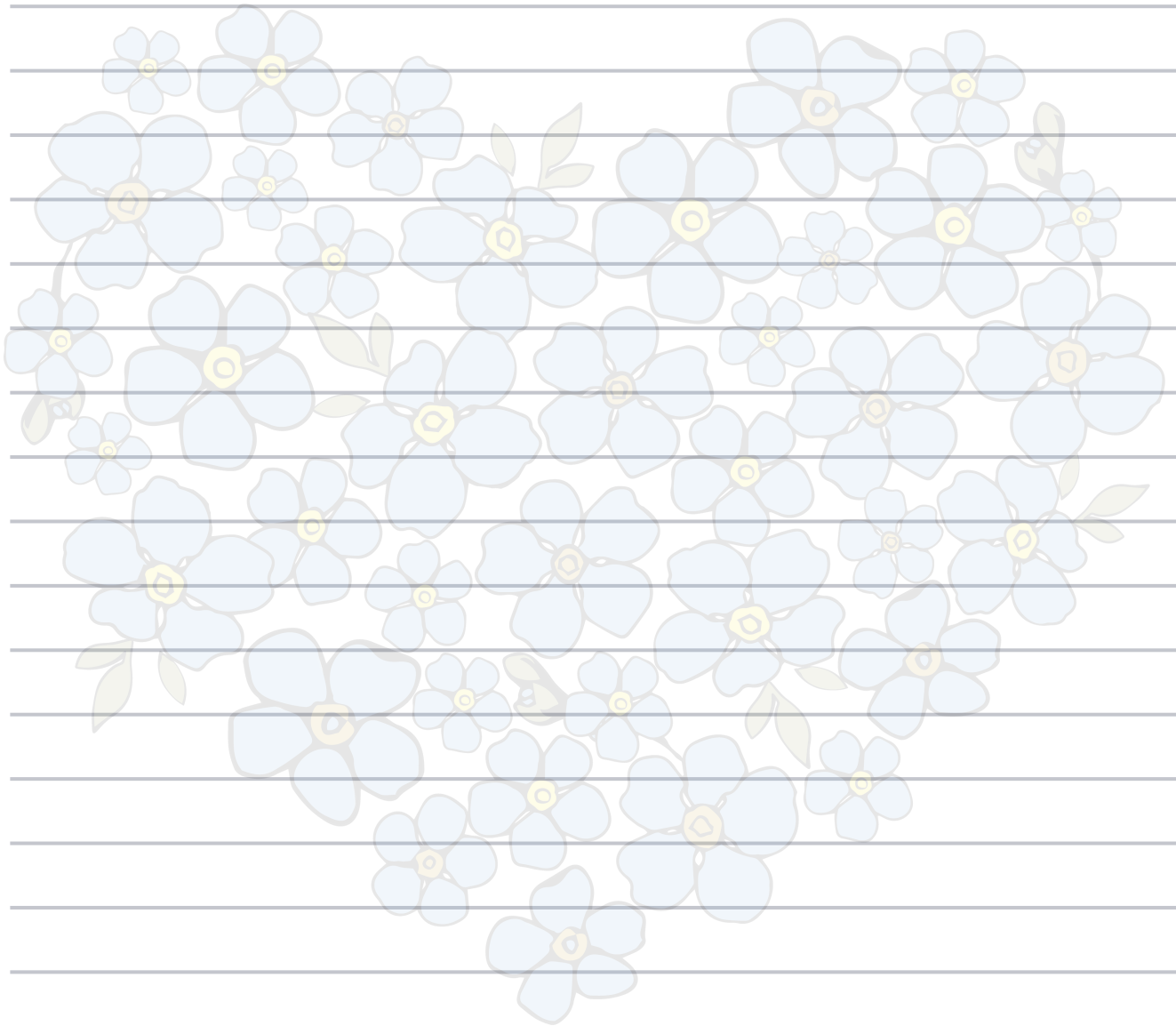
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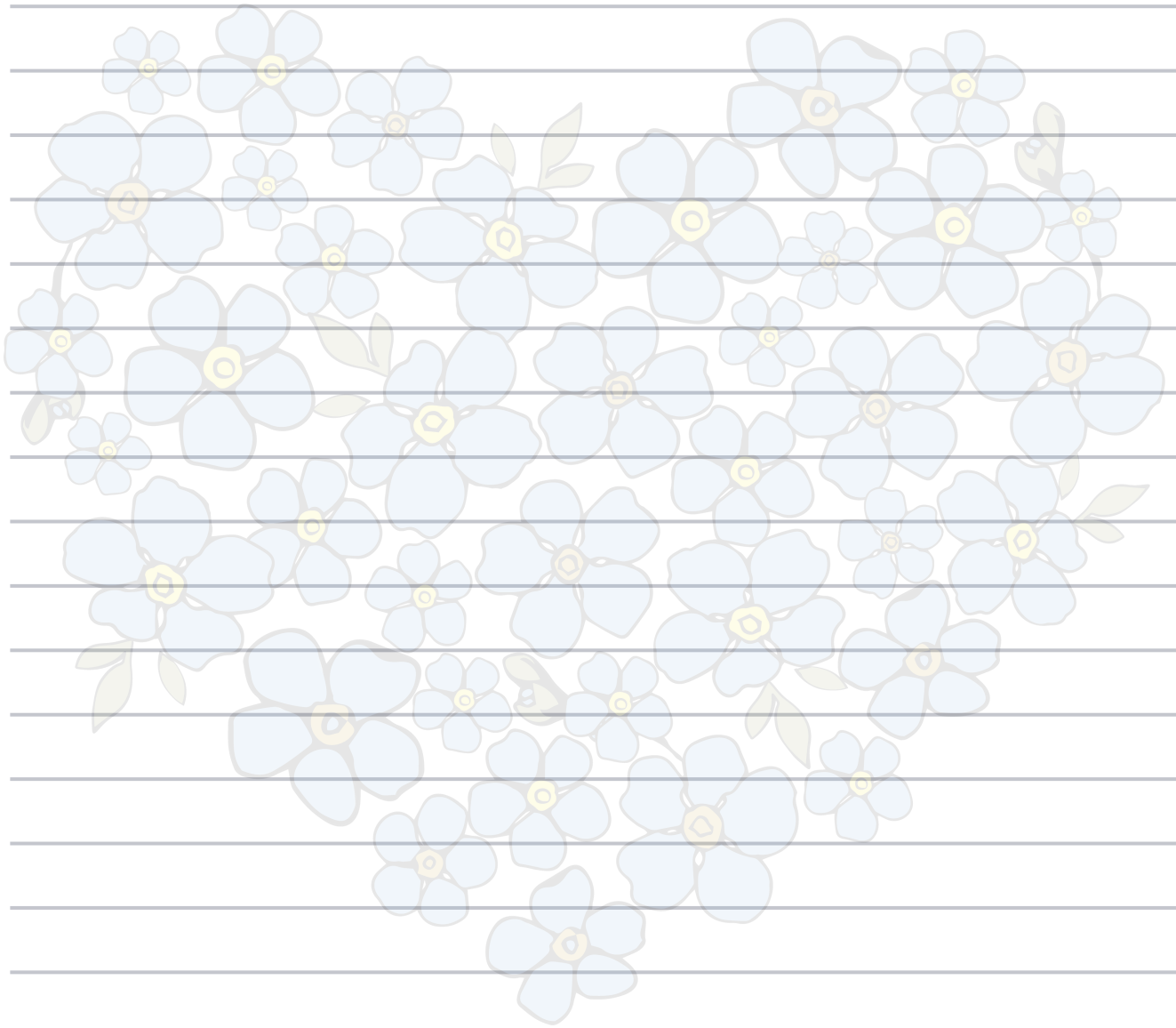
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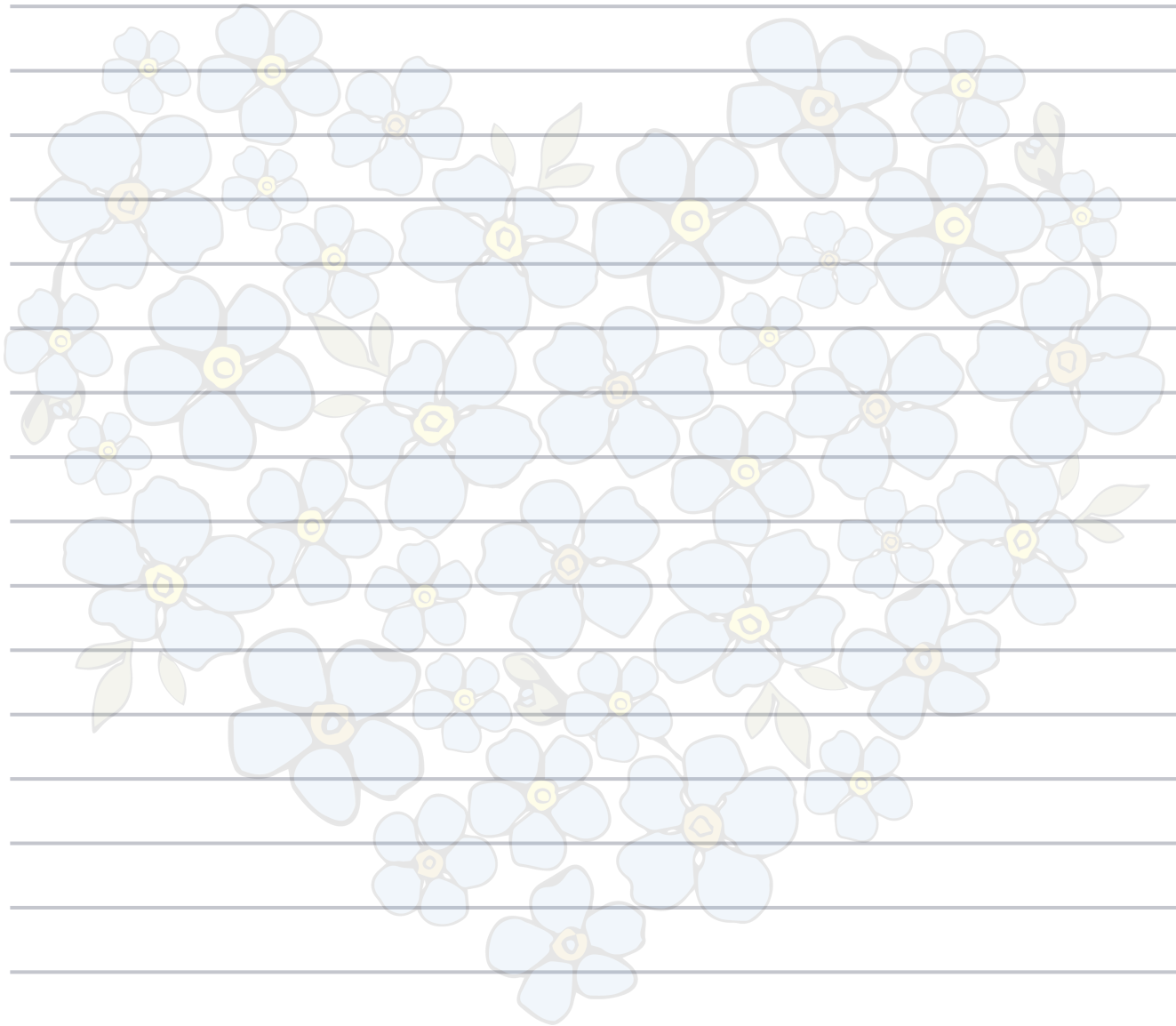
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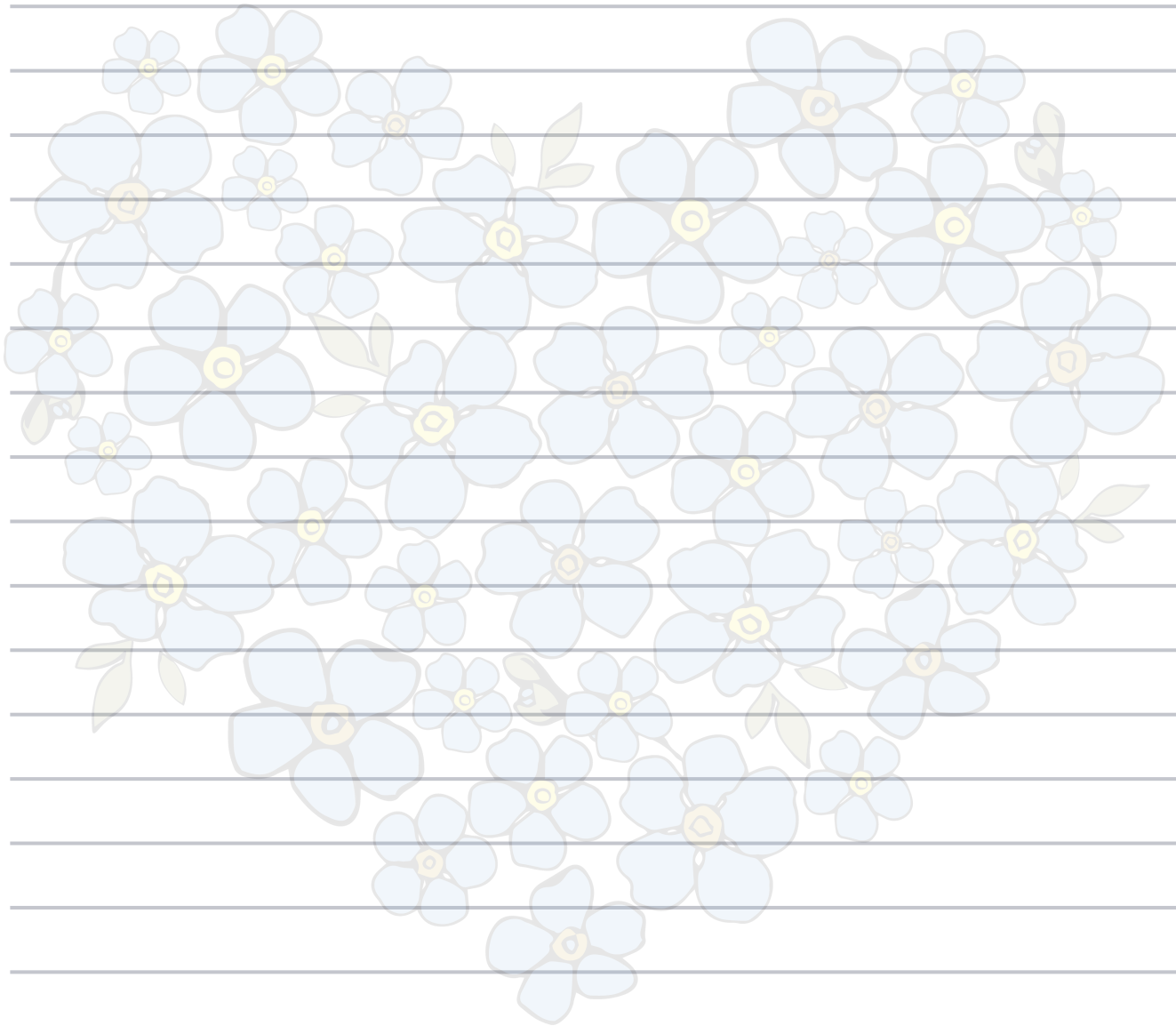
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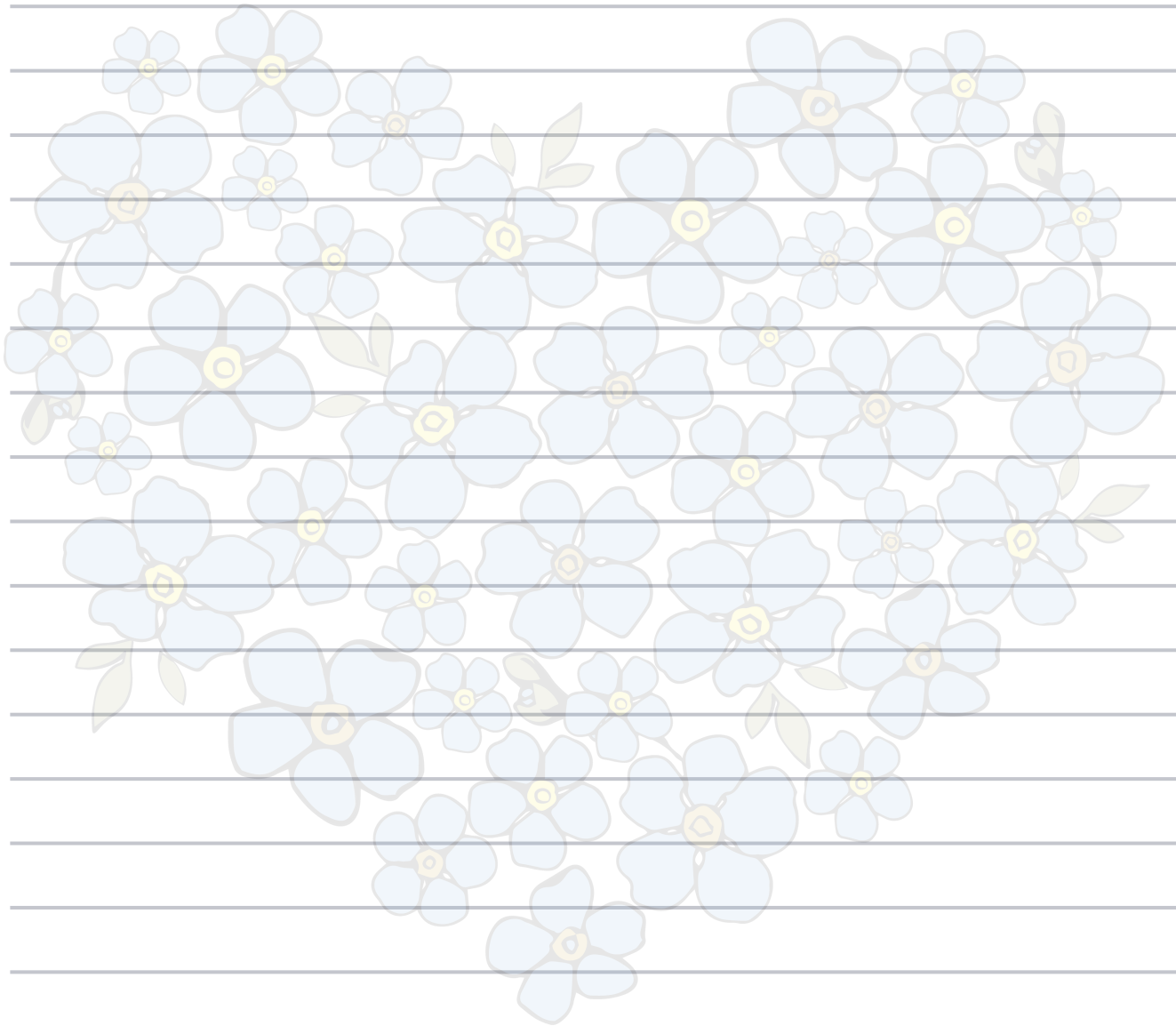
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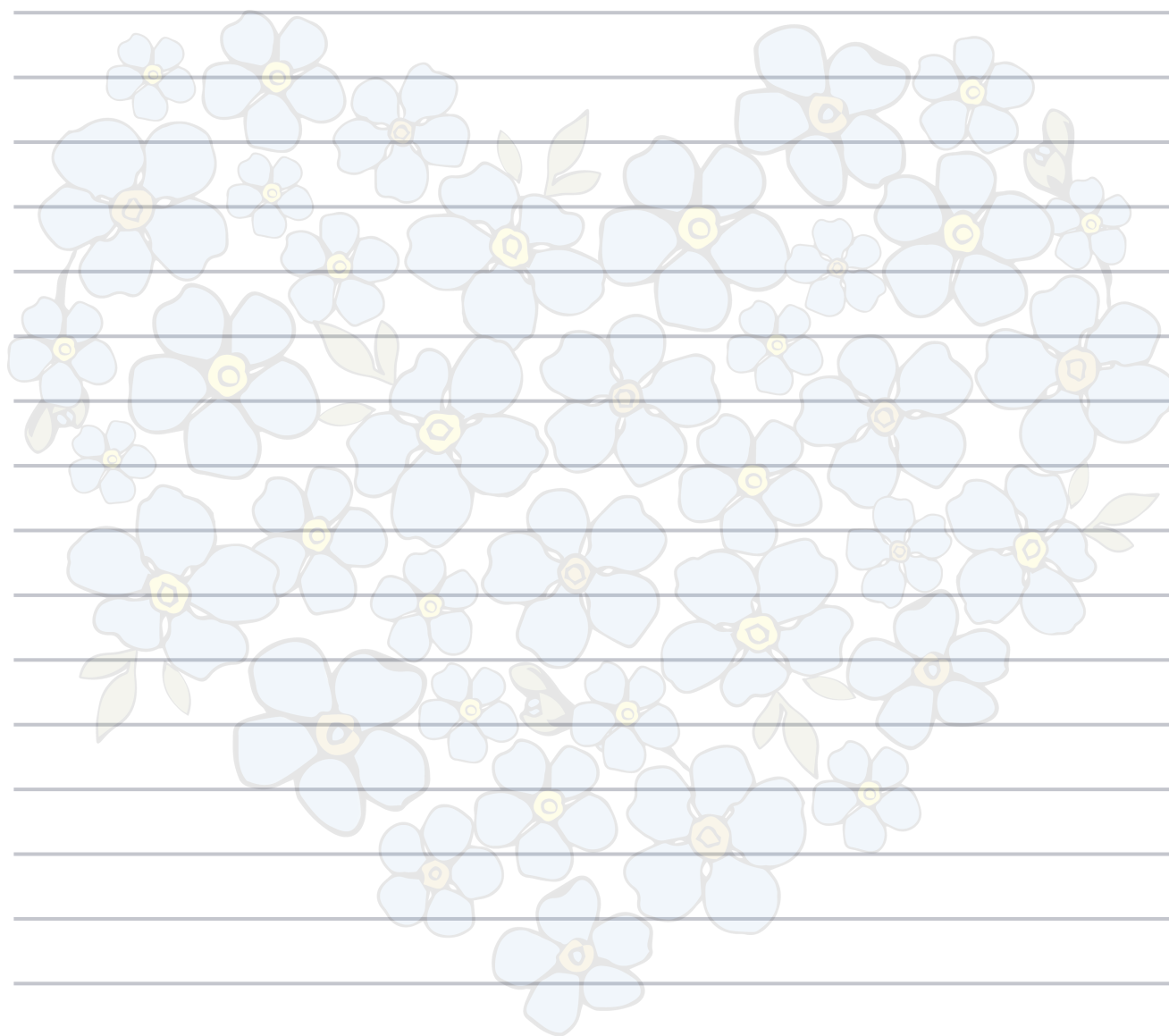


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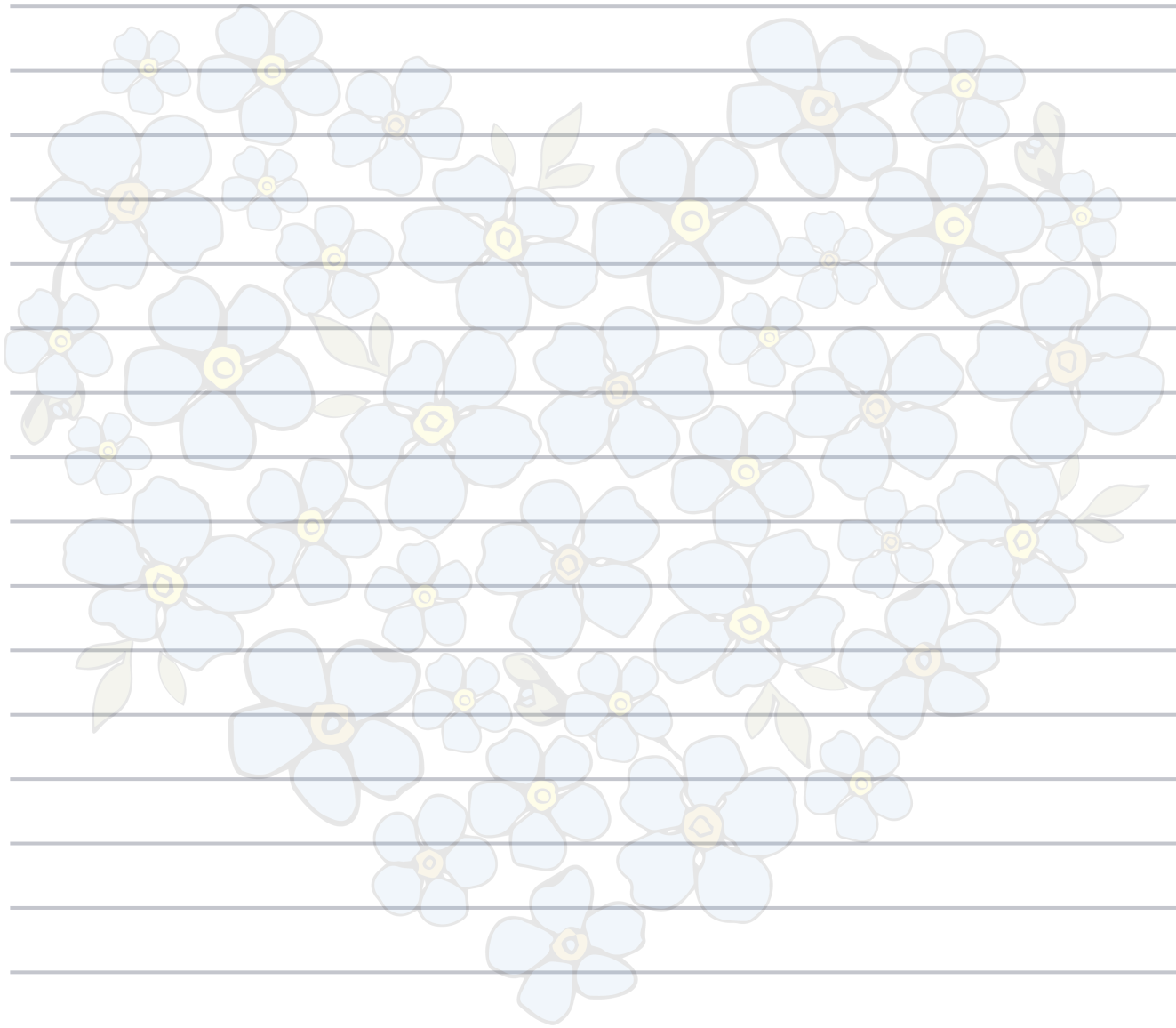
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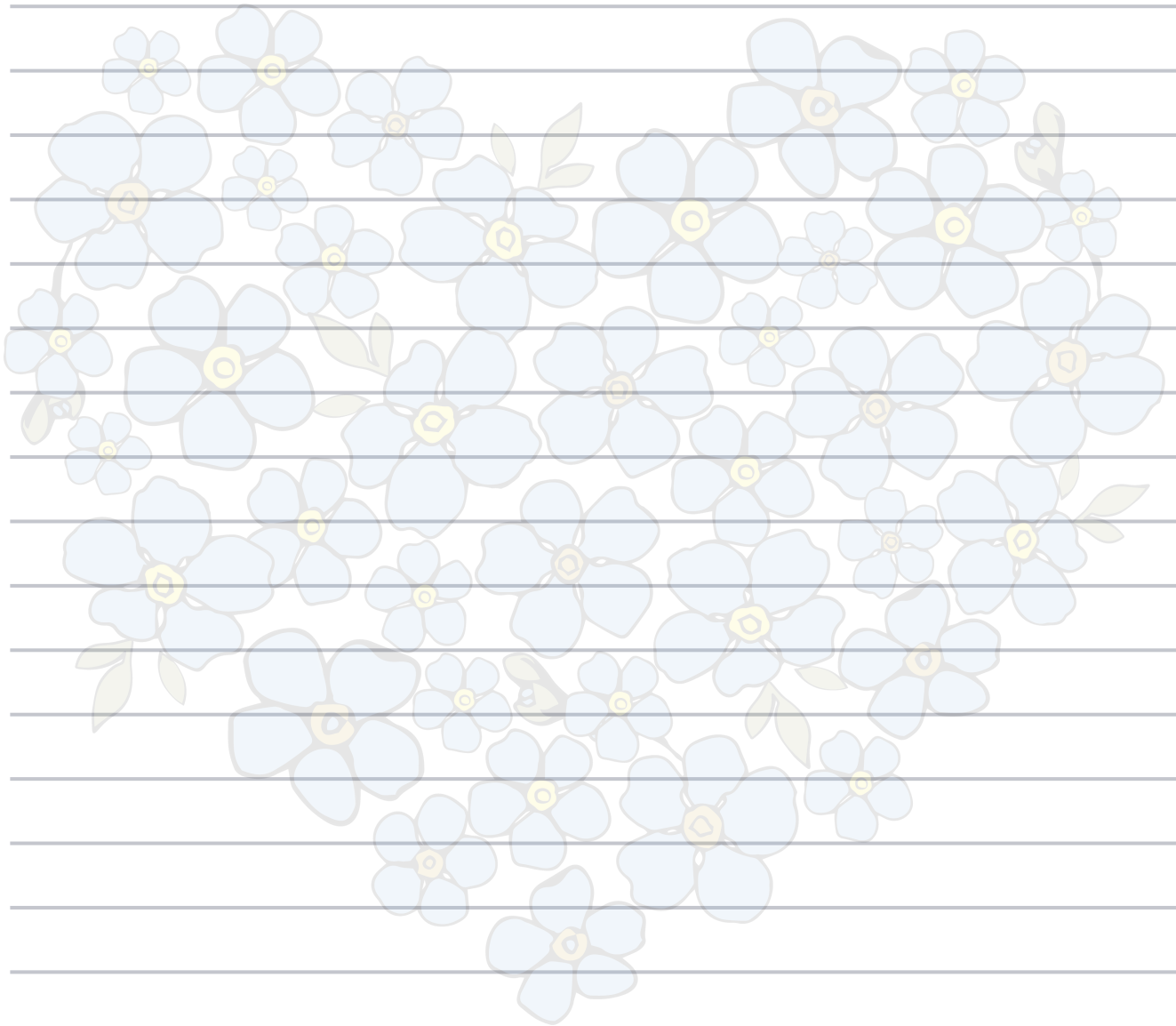
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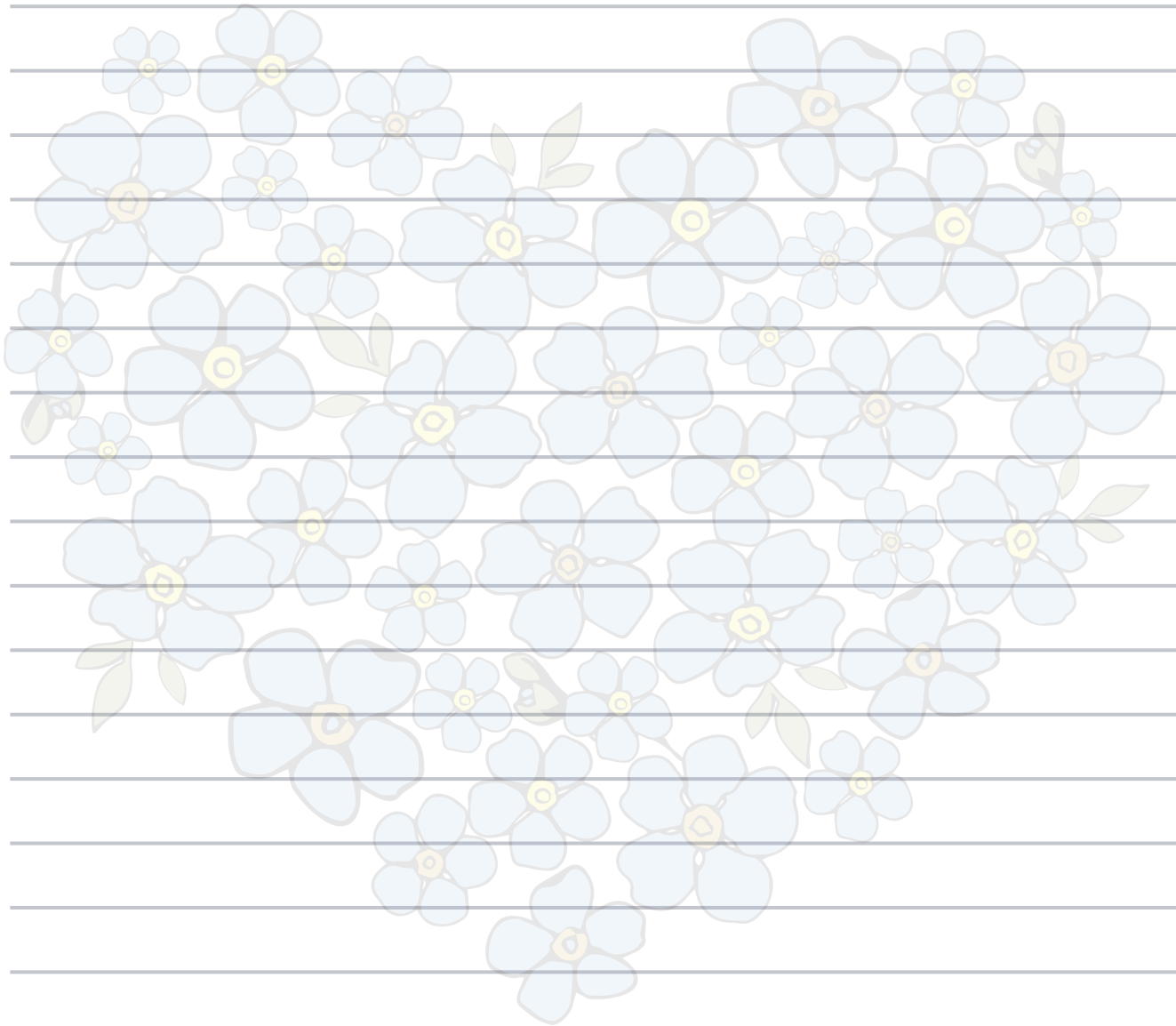


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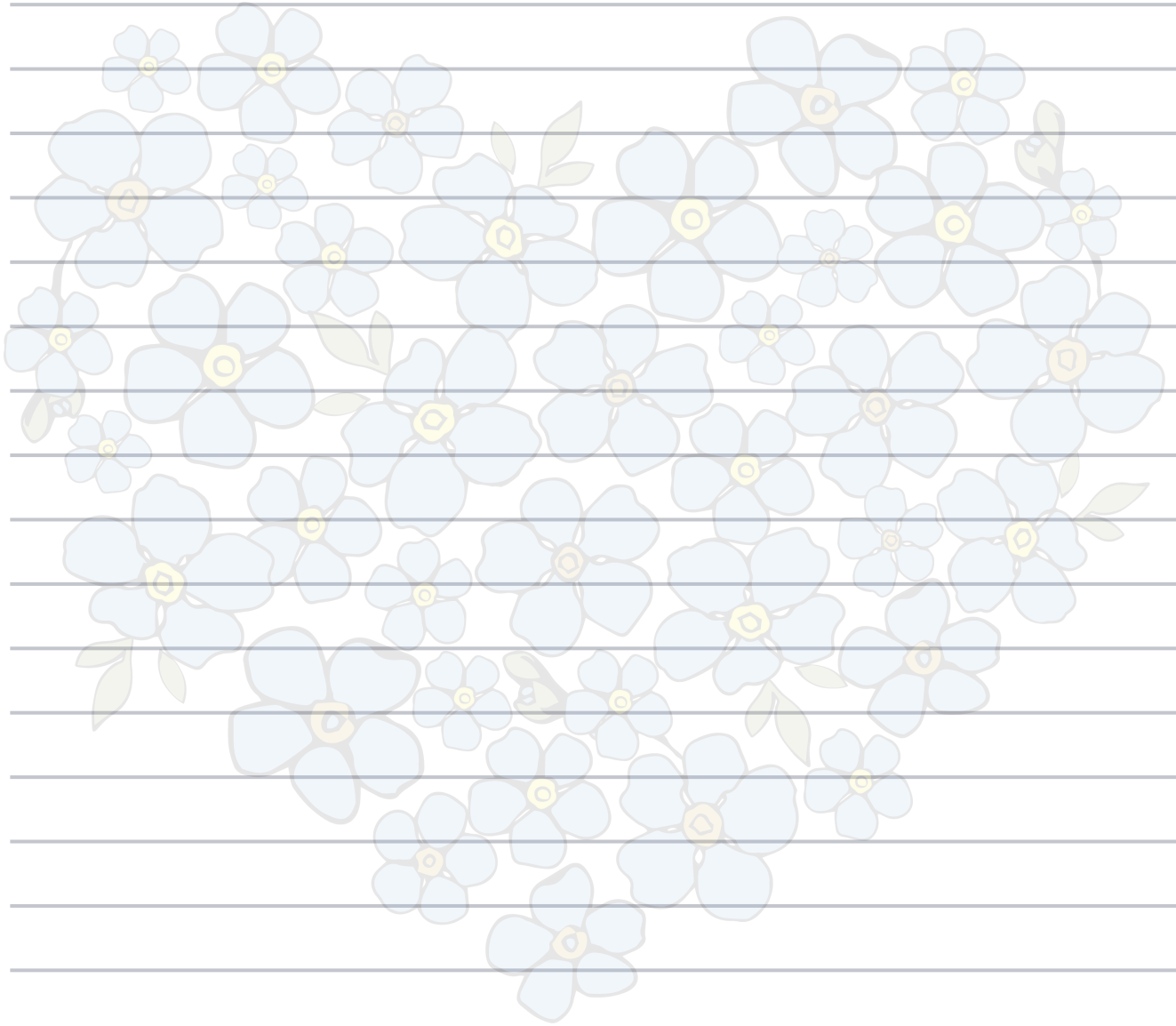


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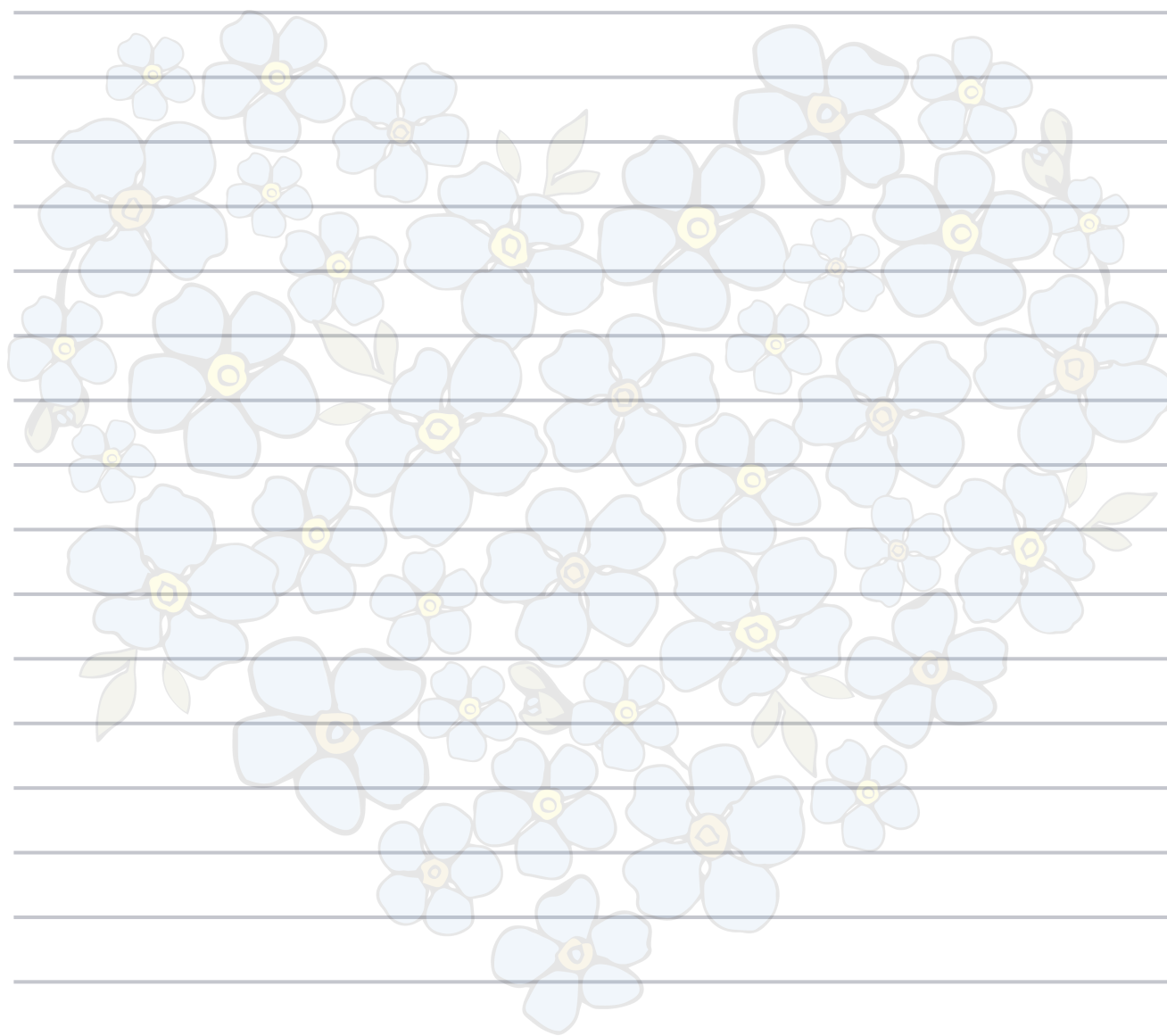
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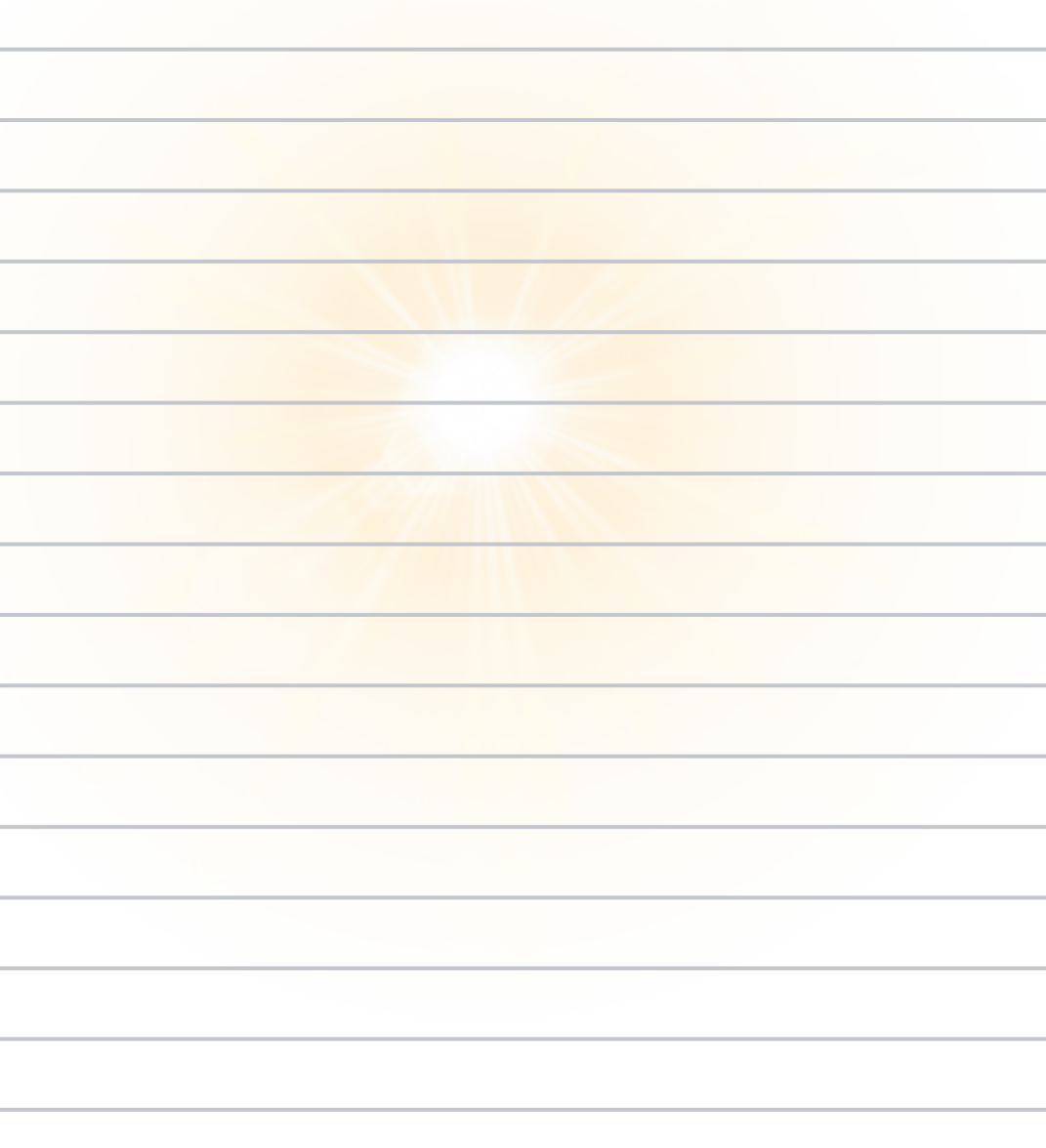
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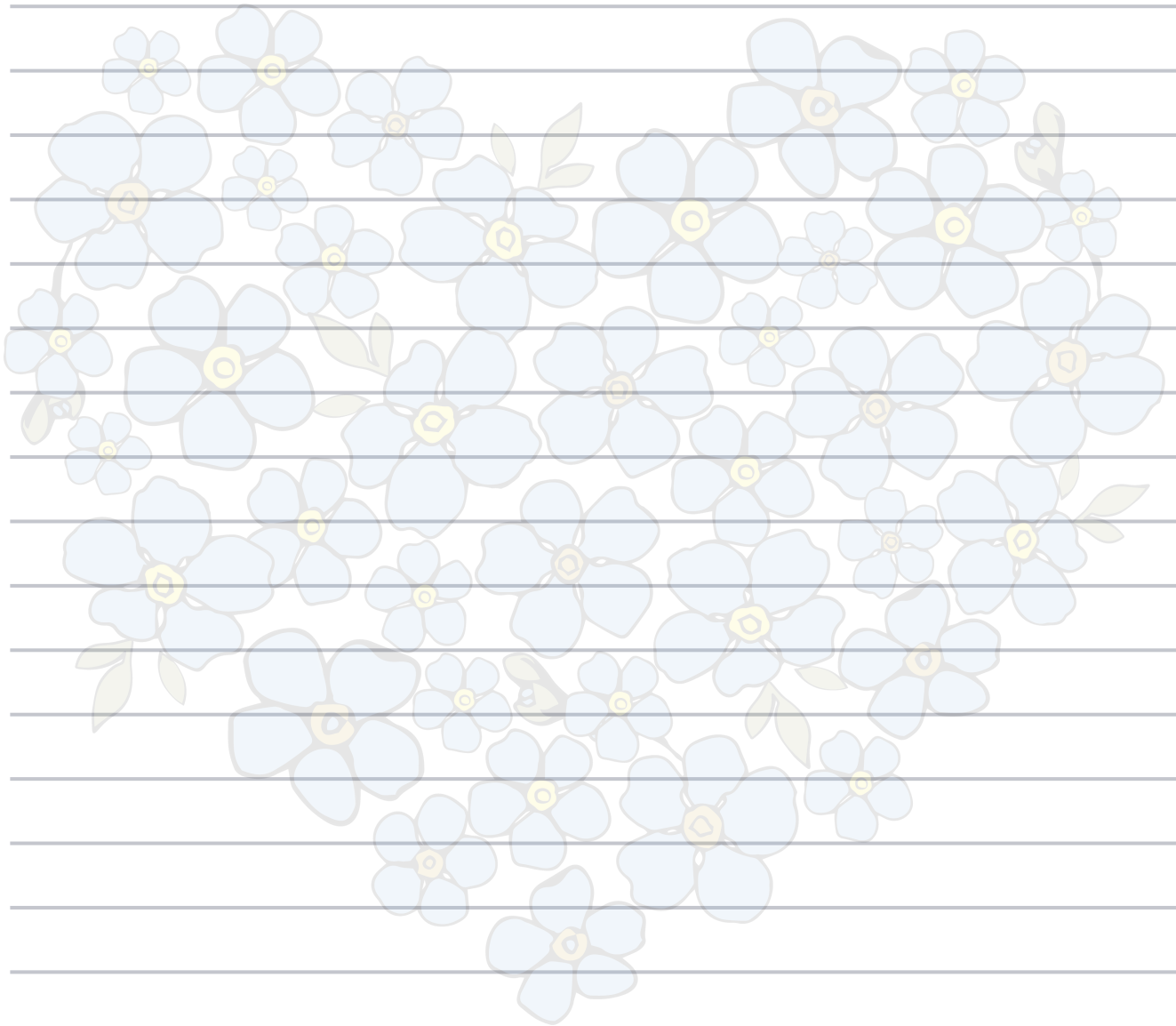


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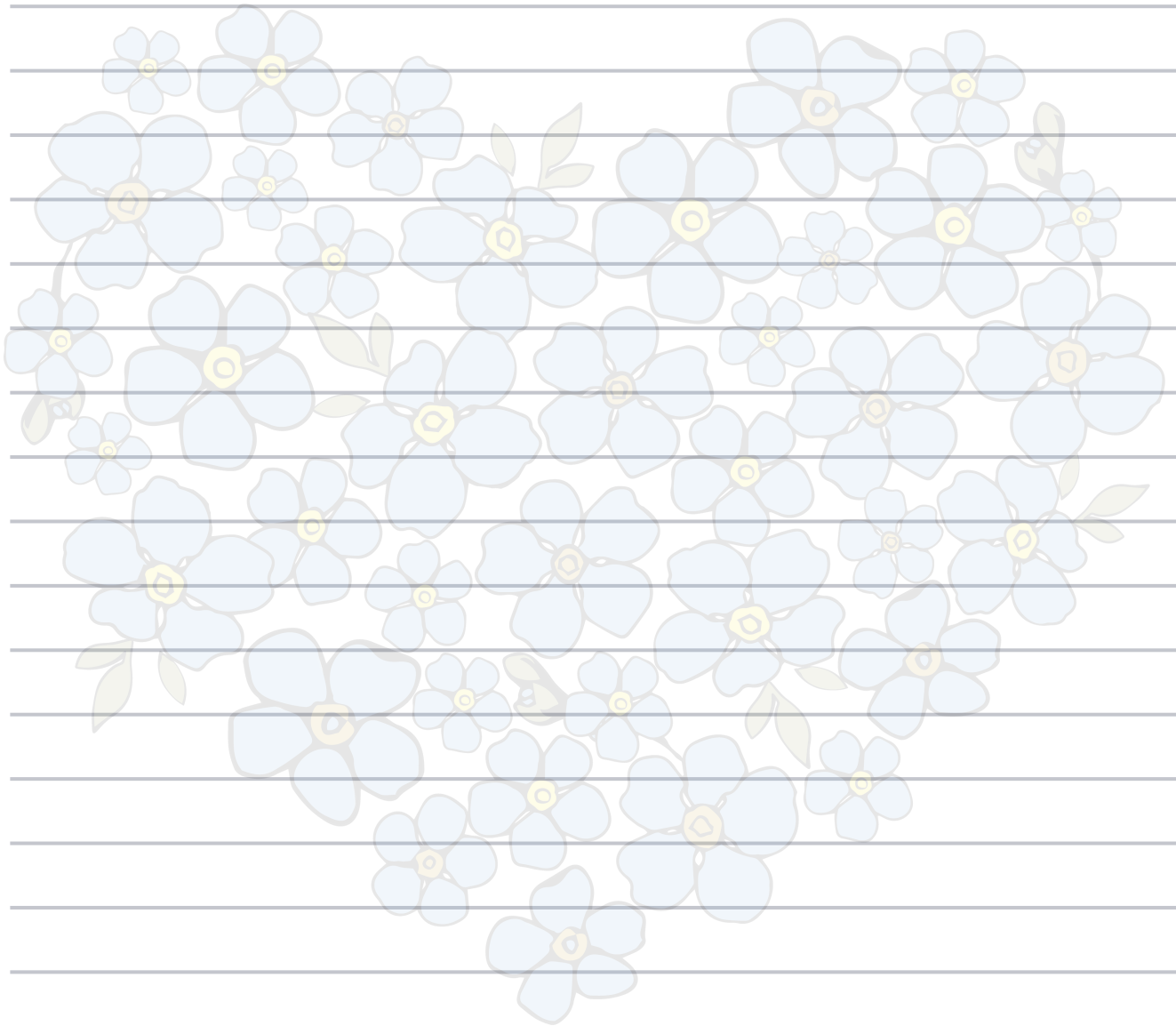


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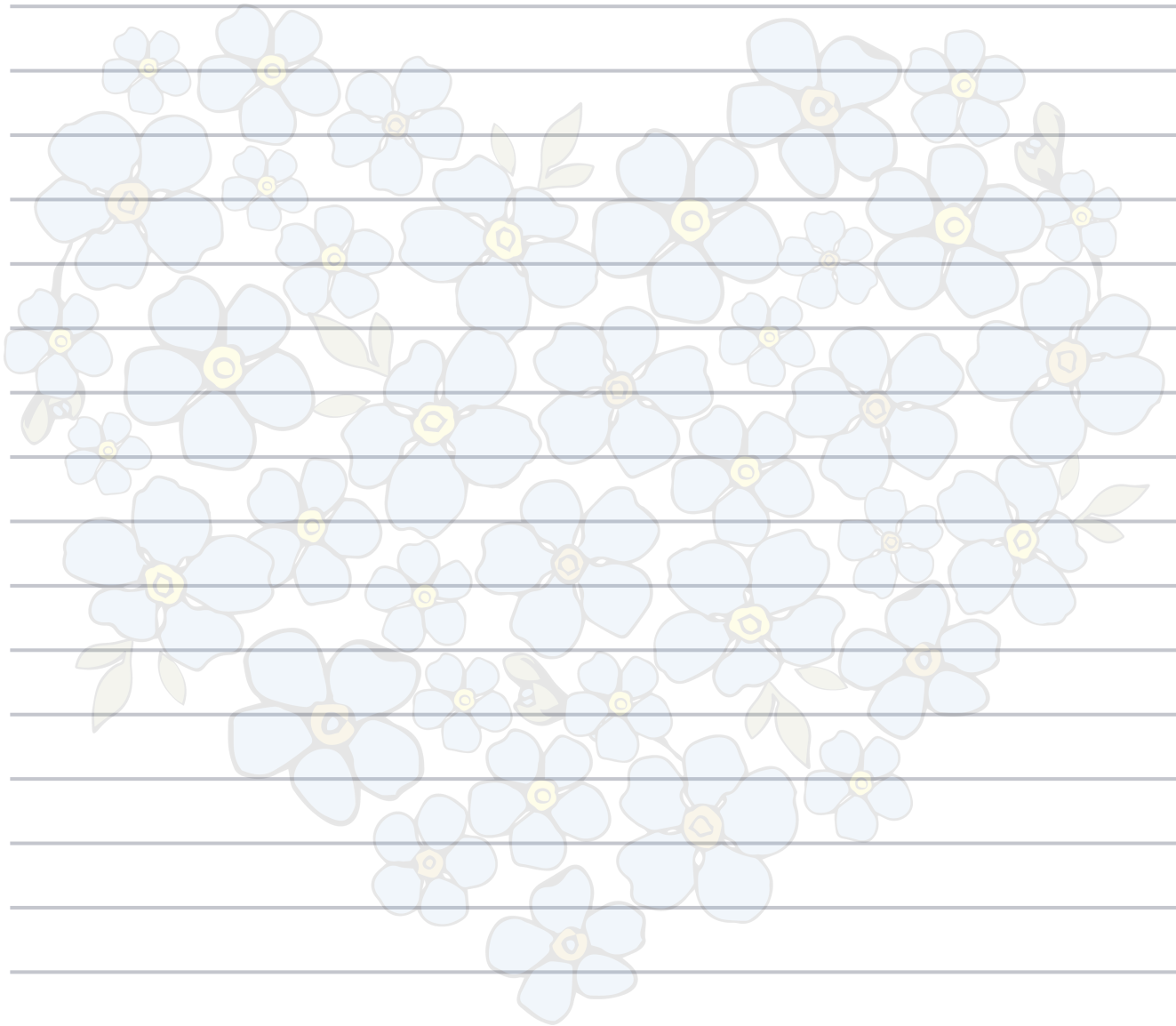
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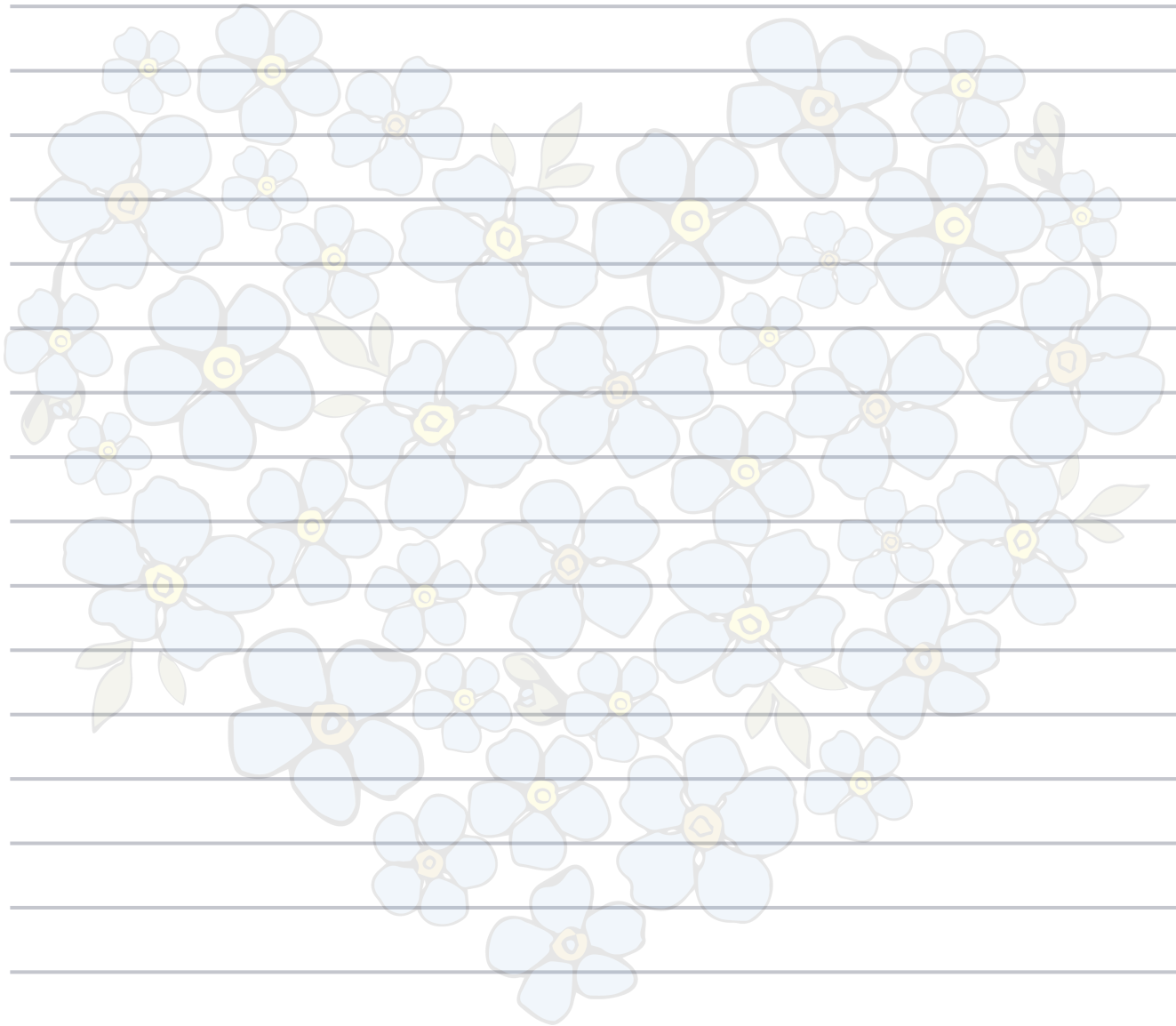


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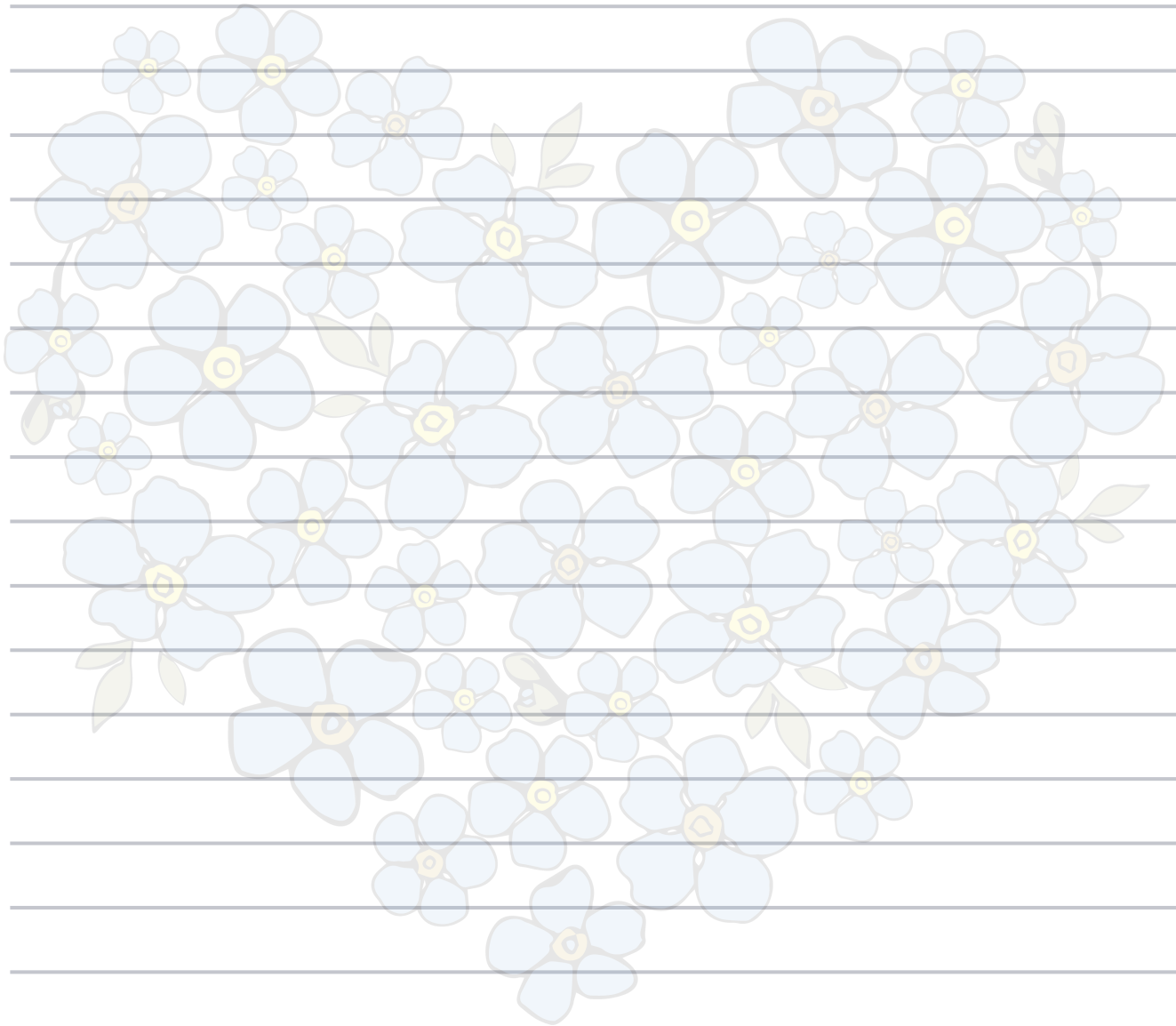
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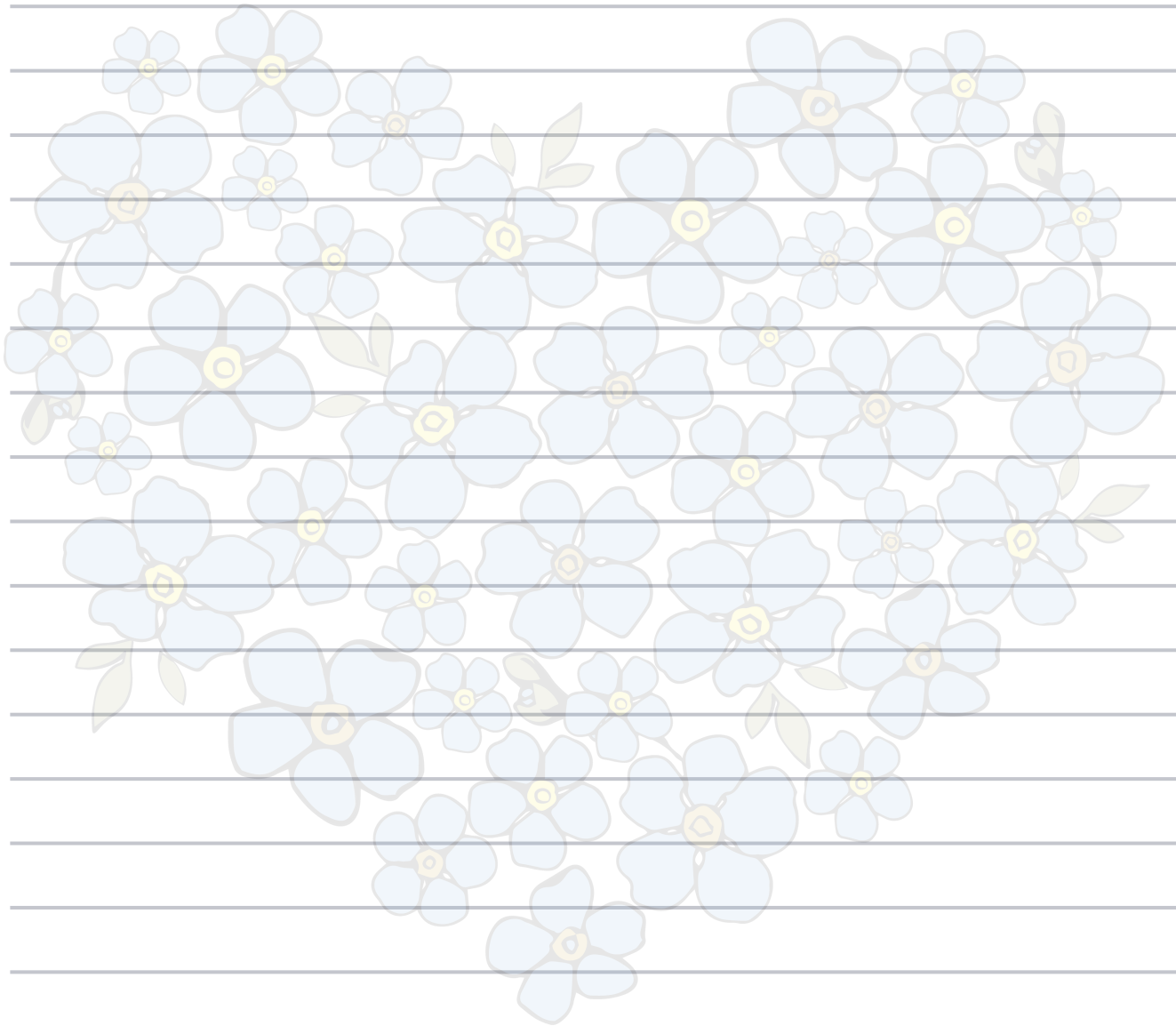


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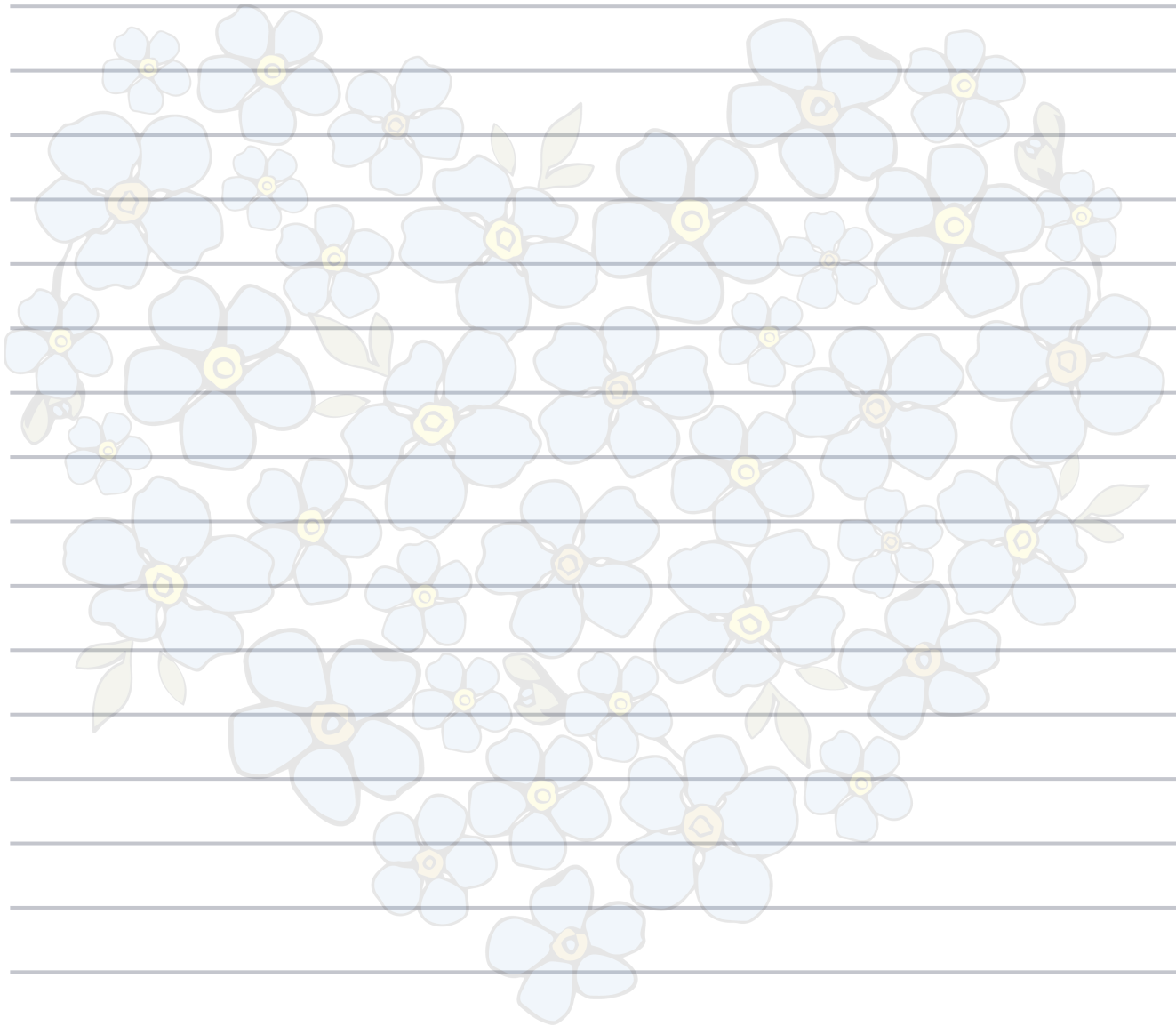
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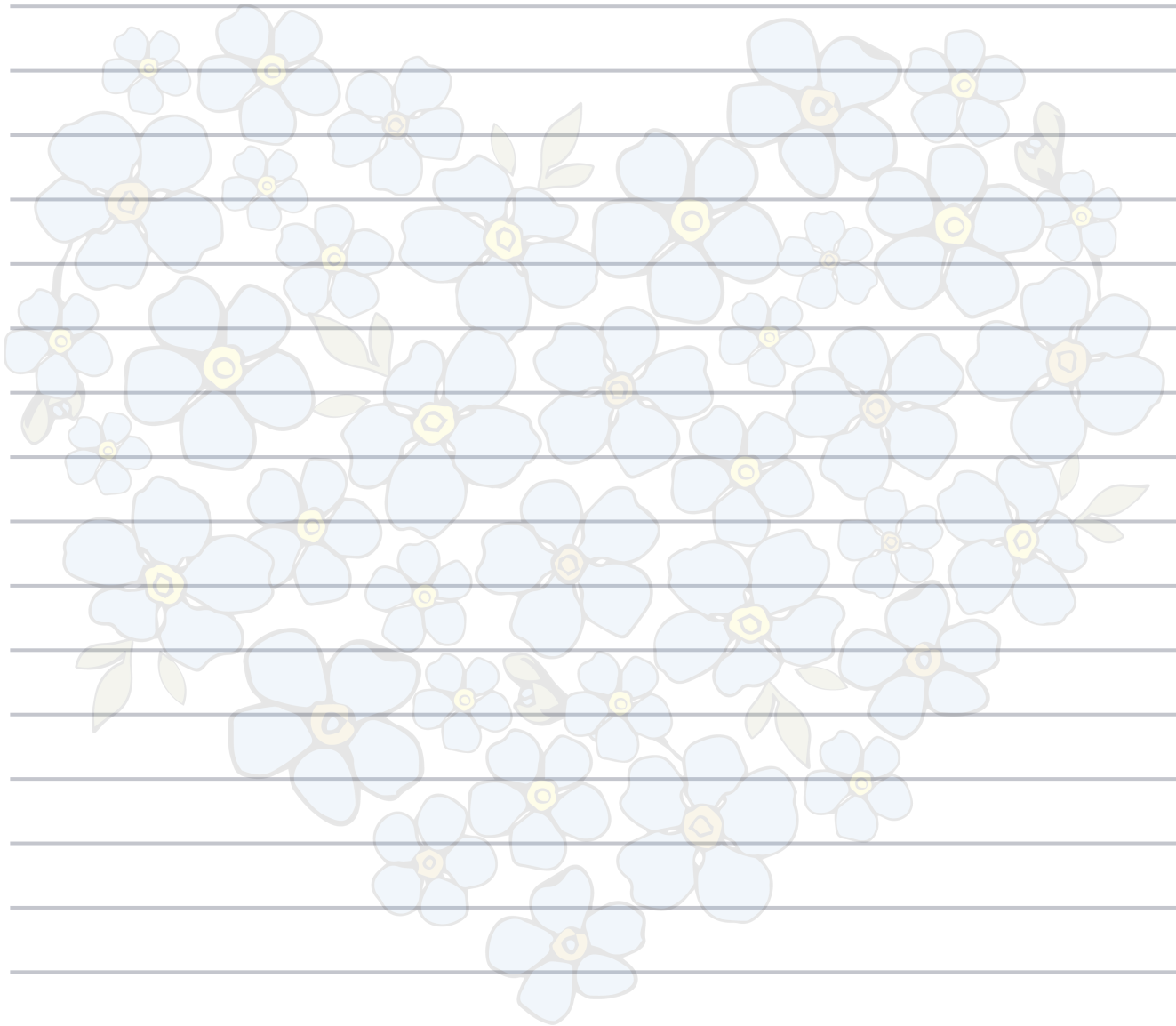
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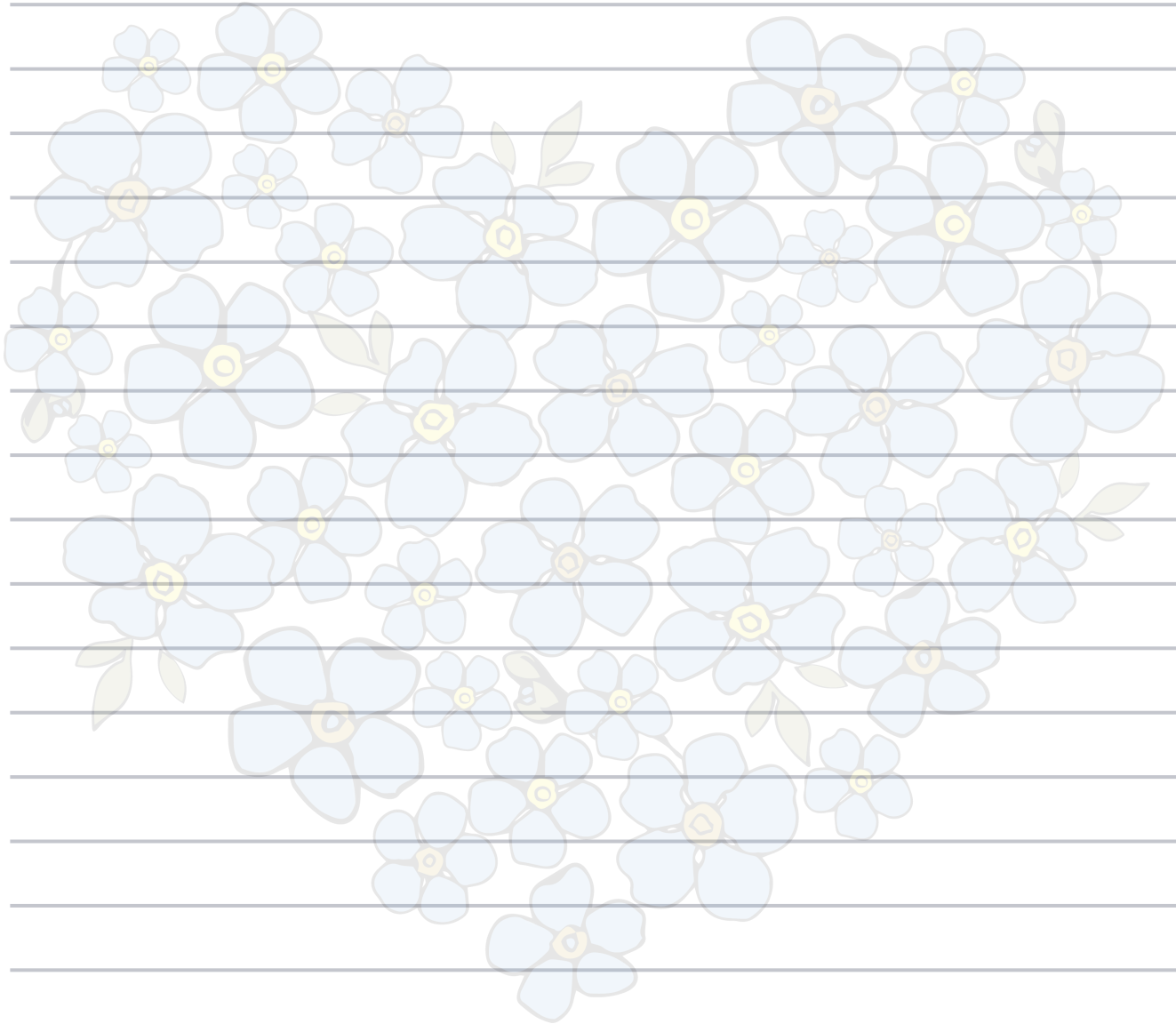


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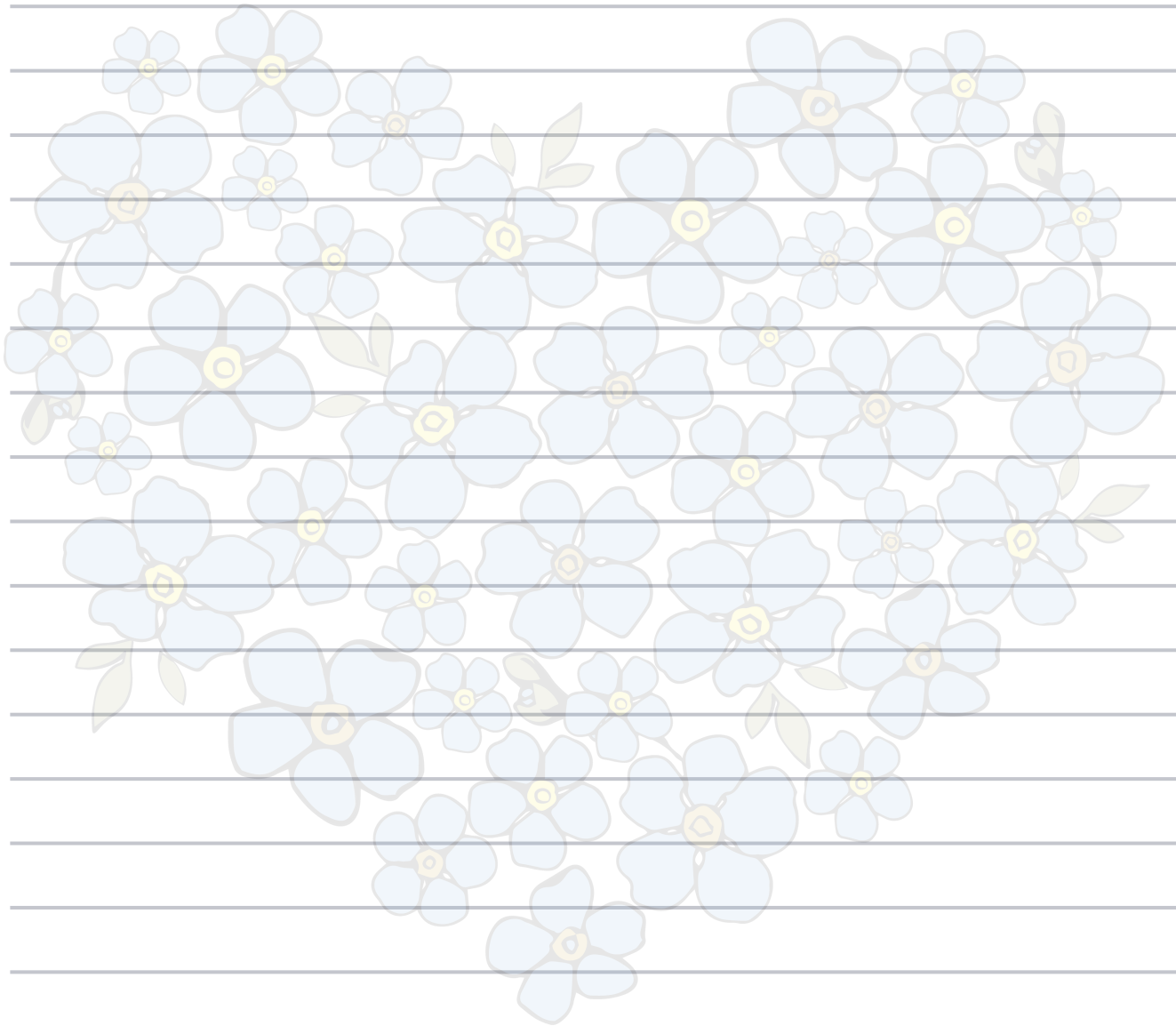
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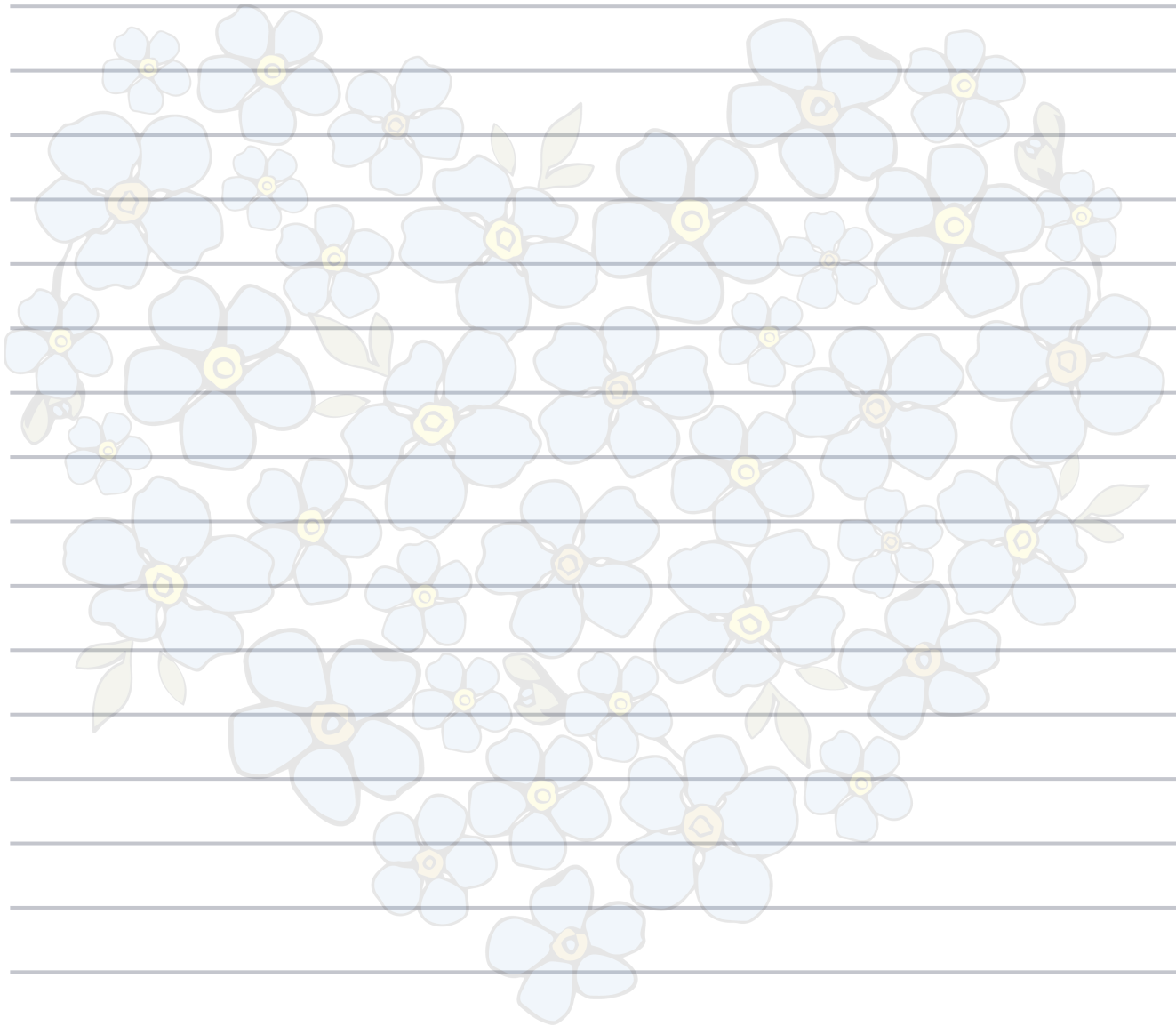


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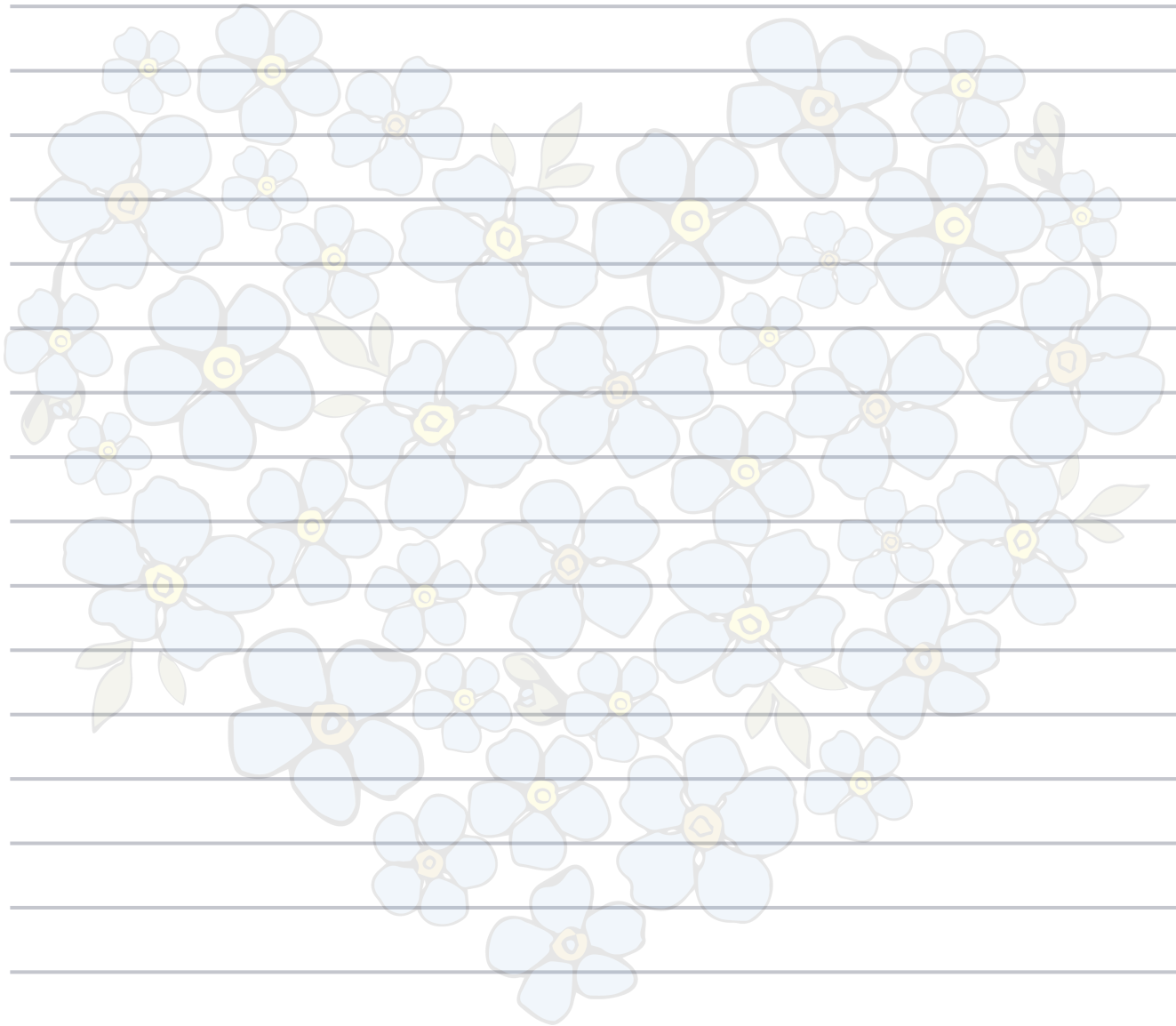
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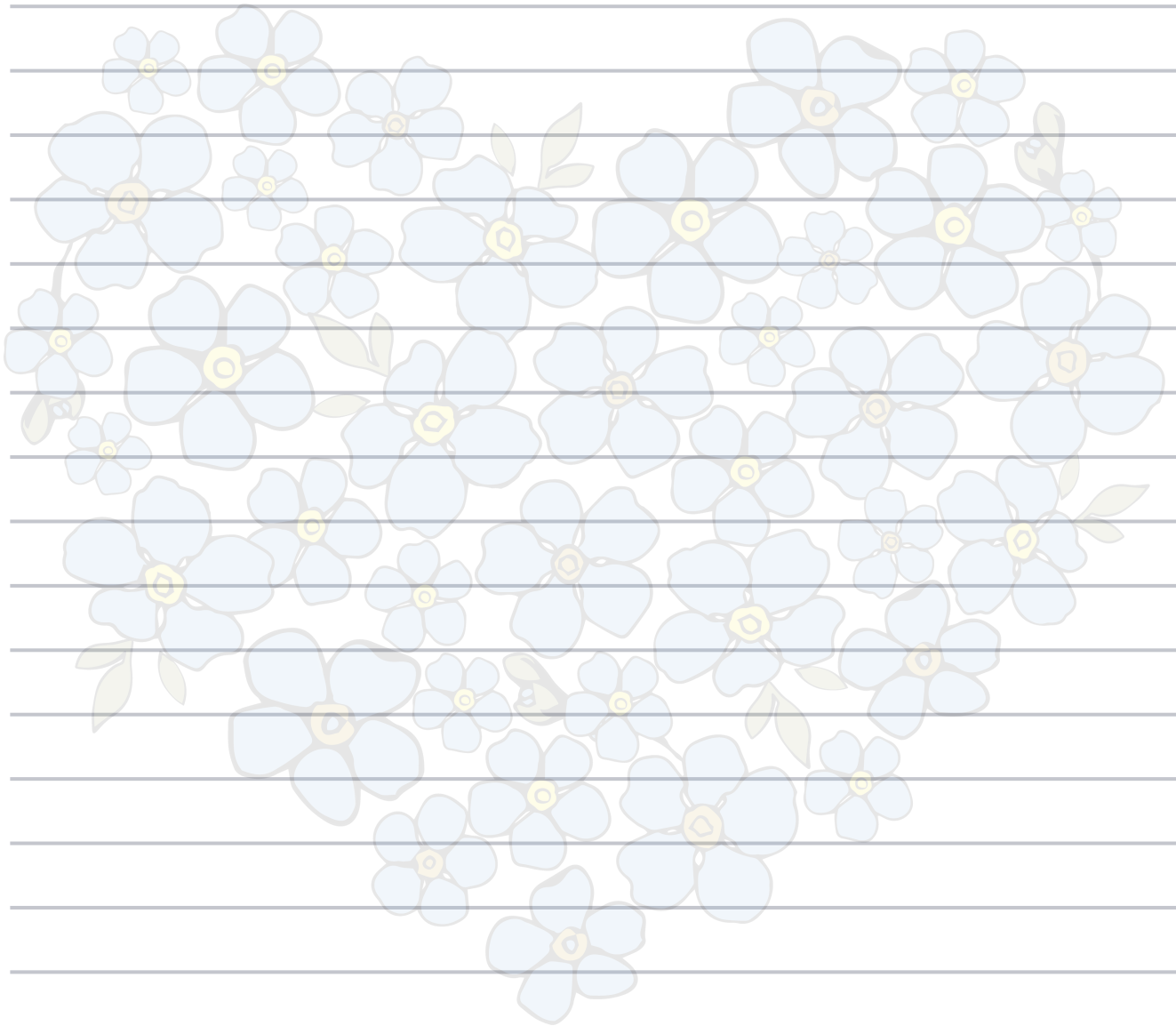


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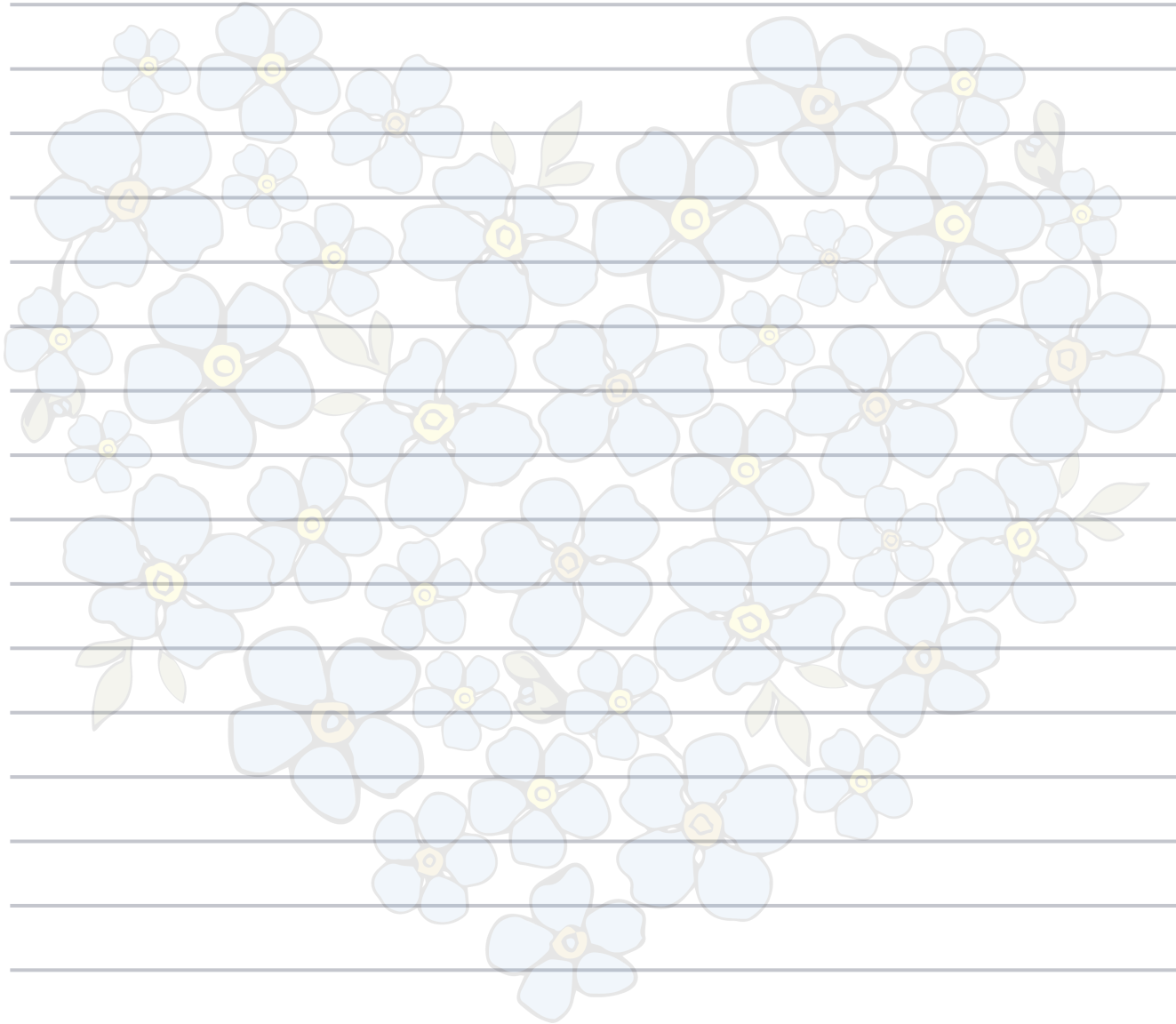


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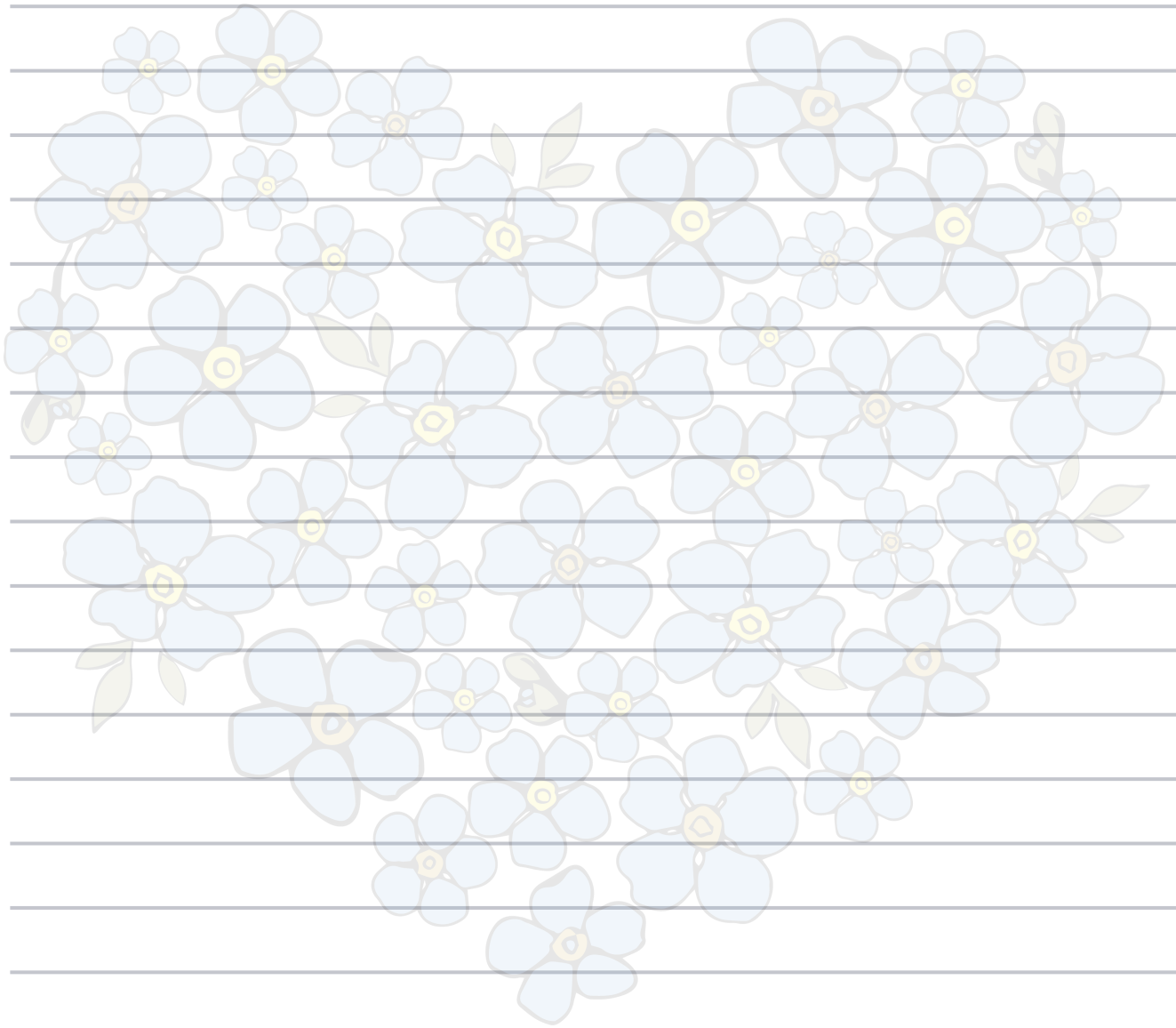
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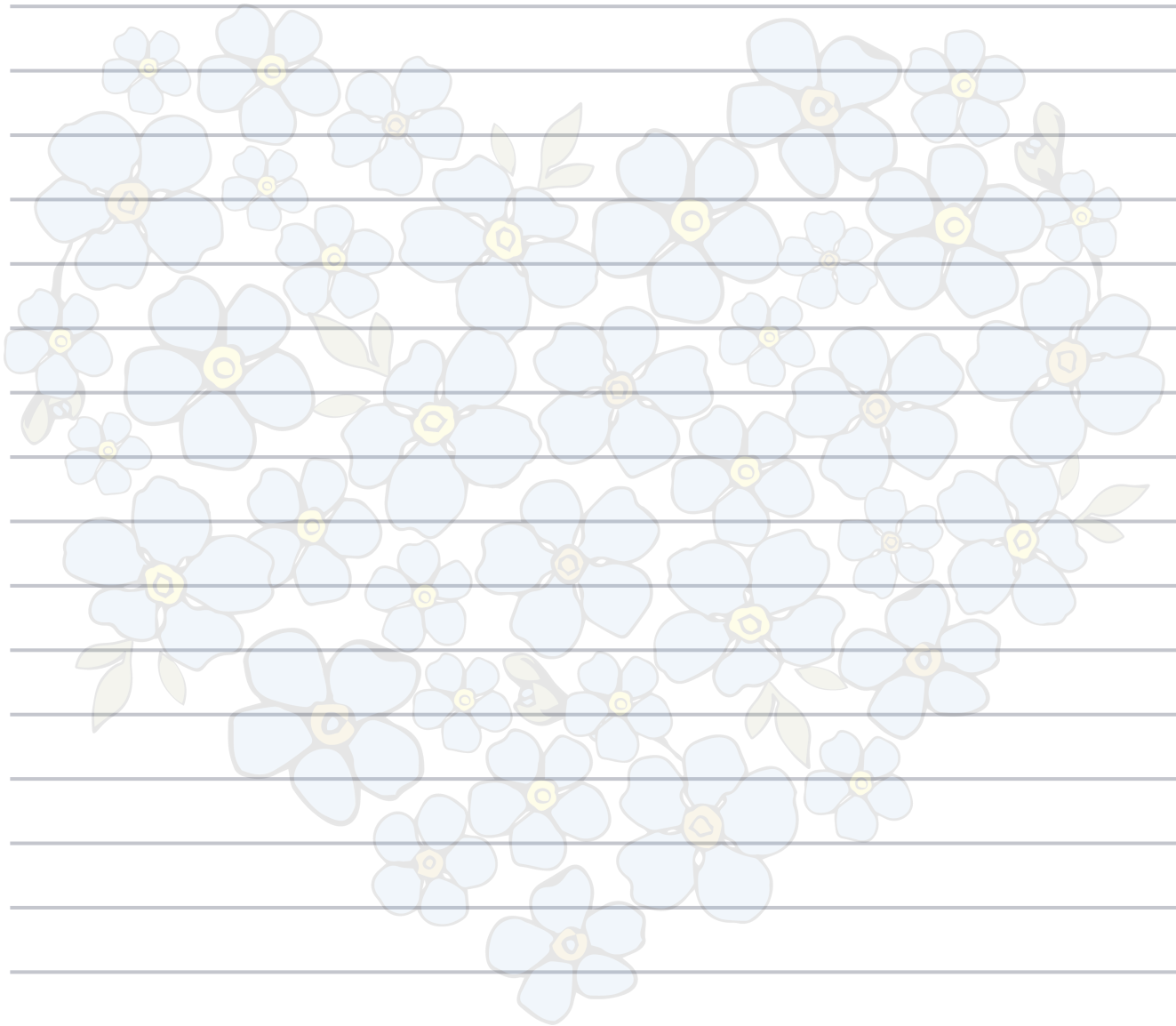
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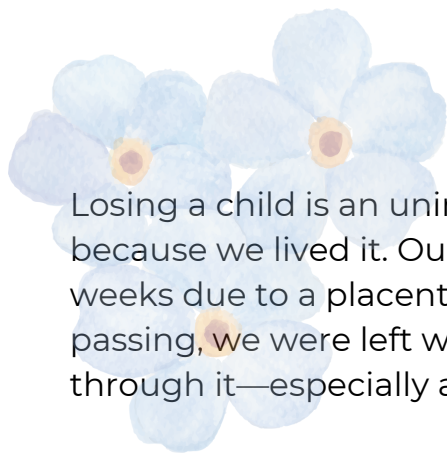


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For more resources and support, visit:
www.marcielzsunshinefoundation.org



This Journal Was Created by
Marcieliz Sunshine Foundation

Losing a child is an unimaginable pain—one that forever changes you. We know this because we lived it. Our first child, Marcieliz Sunshine, was born prematurely at 24 weeks due to a placenta abruption. She lived for just 42 hours, and in the wake of her passing, we were left with overwhelming grief and very few resources to guide us through it—especially as a couple.

What we quickly realized was that while support for grieving mothers existed, there was little that addressed both parents. Fathers often go unseen in this grief, expected to be strong while carrying their own deep sorrow. We struggled to find something that recognized our shared loss, our individual healing, and the delicate balance of navigating grief together.

We know firsthand that there are no words that can take away the pain of losing a child. Grief is a journey with no timeline, no right or wrong way to navigate it. Healing does not mean forgetting—it means learning to carry your child's love with you in a new way.

This journal was made with love, in memory of our daughter, for parents who are walking this path of loss. You are not alone. Your grief is valid. And as painful as this journey is, your love—for your child and for each other—can remain unbreakable.

Our Mission: The **Marcieliz Sunshine Foundation** was created by loving parents who understand the profound pain of losing a child. Our mission is to empower and support families who have experienced infant and child loss, providing resources that help parents navigate their grief together. We recognize that while there are many tools available for grieving mothers, there is often a lack of support for fathers. Our goal is to bridge that gap by offering guidance, encouragement, and tools that help couples heal side by side, strengthening their love even in the face of loss.

This journal is one of those tools—a space to reflect, remember, and rebuild together.

With all our hearts,

Marcieliz Sunshine Foundation

Created by loving parents, for loving parents.

For more resources and support, visit:
www.marcielizsunshinefoundation.org

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