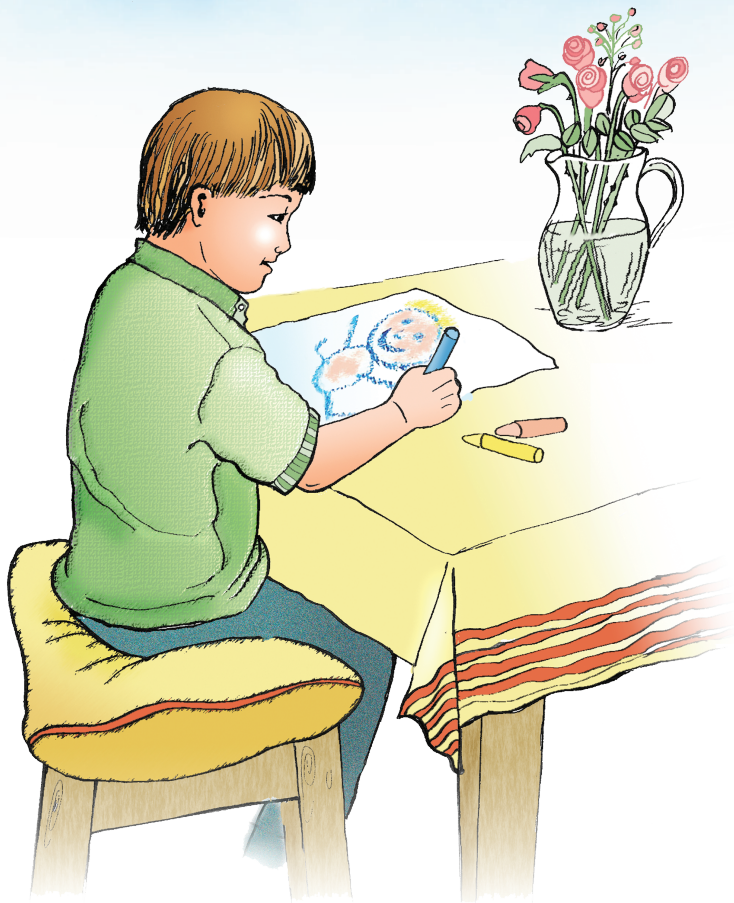


Goodbye Baby

Cameron's story

by
Gillian Griffiths

Illustrated by Lindsay MacLeod



First published in 2010 by
SAINT ANDREW PRESS
121 George Street
Edinburgh
EH2 4YN

Copyright © Gillian Griffiths, 2010
Illustrations © Lindsay MacLeod 2010

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or information storage and retrieval system, without permission in writing from the publisher. This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out or otherwise circulated without the publisher's prior consent.

The right of Gillian Griffiths to be identified as author of this work has been asserted in accordance with the Copyright, Designs and Patents Act 1988.

British Library Cataloguing in Publication Data
A catalogue record for this book is available from the British Library.

Typeset by Lindsay MacLeod



My Mum told me that she was going to have a baby. It was growing in her tummy. I felt happy and excited! All my friends had little brothers and sisters. Now I would have someone to play with too.

I loved telling everyone our good news. All our family and friends were happy.

Mummy started to feel very tired and sometimes she couldn't play with me. I felt a bit cross with the baby for making Mummy tired...



When Mummy's tummy had a little bump, I went to the doctor with her.

The doctor had a special machine to listen to the baby's heartbeat. The baby was playing hide and seek - it kept running away from the machine. It made us laugh!

When baby stayed still, I could hear the heartbeat.

It went **bumpity bump**
bumpity bump
bumpity bump
bumpity bump
bumpity bump

I started to feel very excited.
I was going to be...

...a **BIG BROTHER.**

I knew I had a long time to wait
until the baby was big enough to
come, but I planned all the fun
things we could do together.
I could even help dress and
bath the baby.

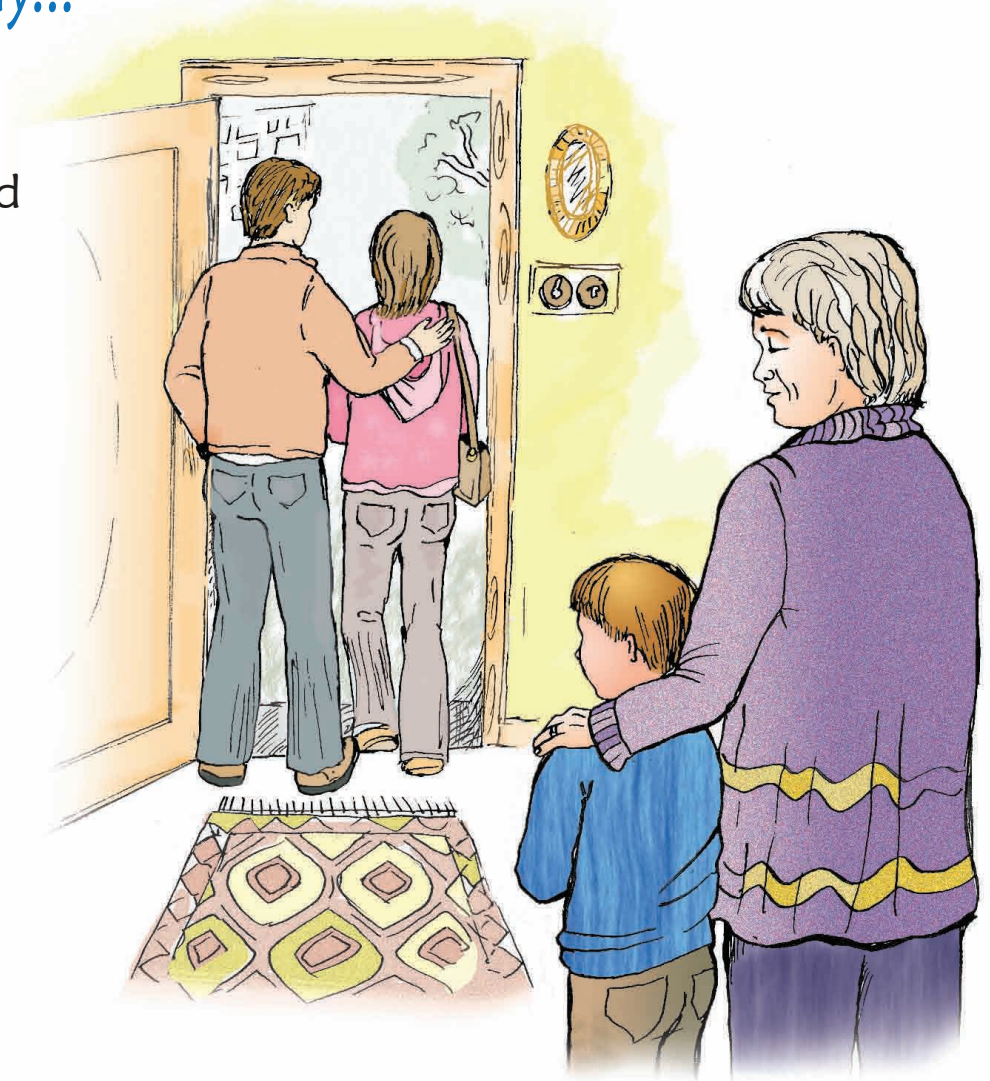


Then everything changed so suddenly...

One day Mummy looked worried and she was crying. She said she thought the baby was ill.

Gran came to look after me.

Daddy took Mummy to the hospital.



When they came home from the hospital, Mummy's eyes were red.
Daddy asked me to sit on the sofa. They told me that the baby hadn't
been strong enough, and it wasn't growing.
The baby had died...

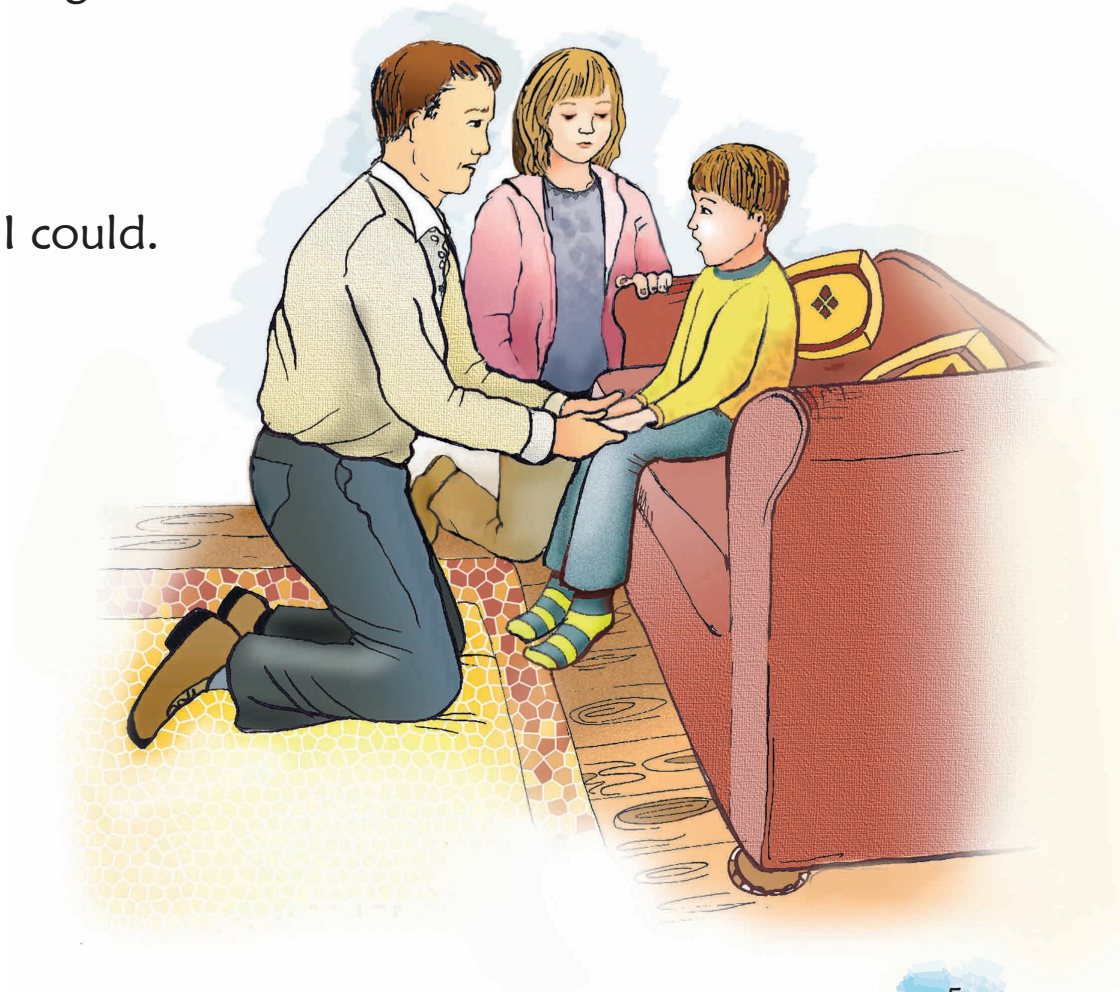
I started to cry and **shout** as loud as I could.

Where was my baby?

I wanted to see it.

I felt bad. I shouldn't have been cross
with the baby.

I had funny **mixed up** feelings
in my tummy.



After that I often felt **angry...**

I wanted to scream and stamp my feet.

Why couldn't Mummy or Daddy stop this from happening ?
Didn't Mummy eat her vegetables to make the baby strong ?

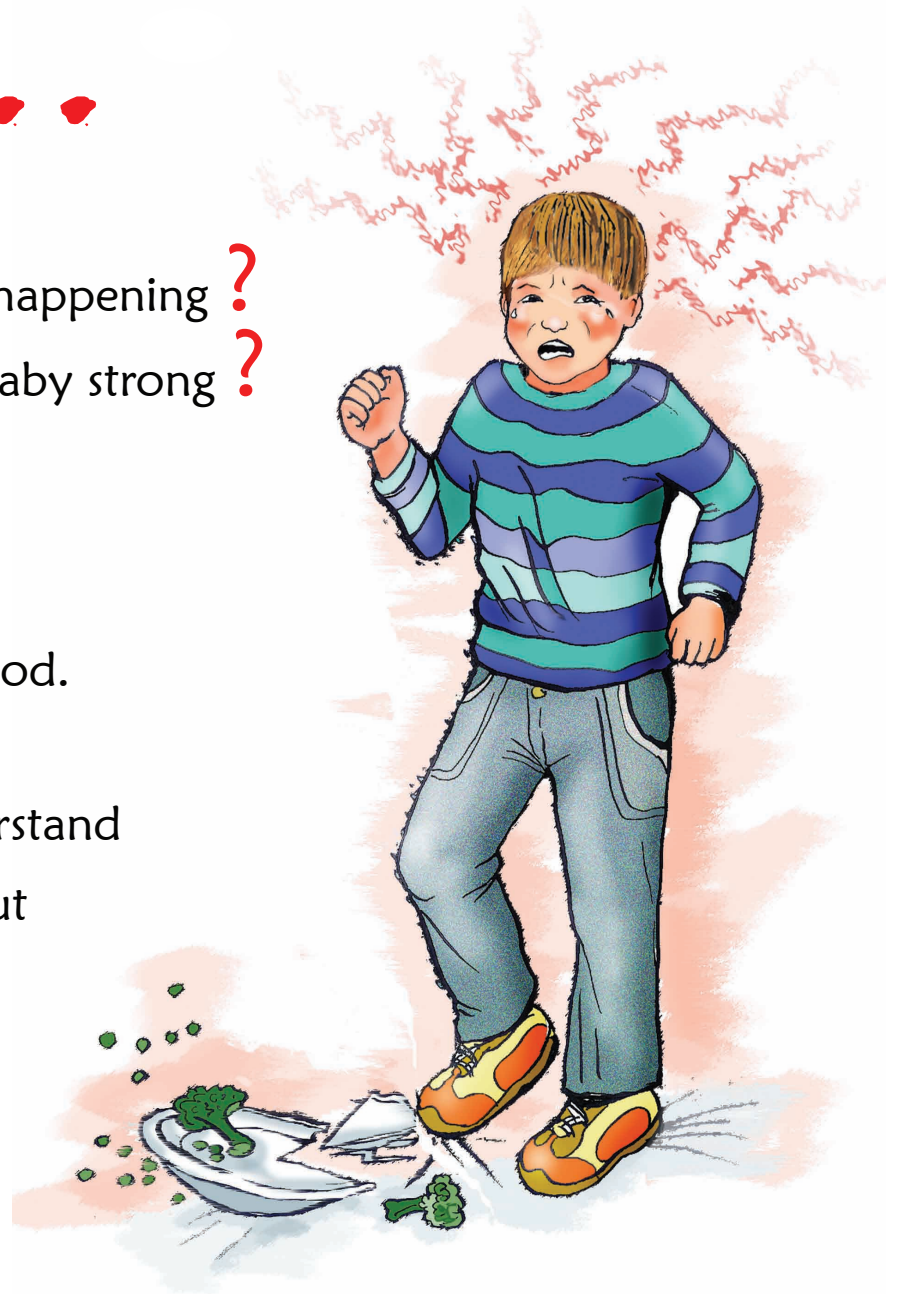
I did some naughty things at first...

...but Mummy just hugged me
and said she understood.

Sometimes I just feel sad and quiet. I don't understand
why our baby had to die. I've asked Mummy, but
I don't think she knows either.

She says there is no answer.

It's nobody's fault.



Mummy said she never thought it would happen to us...

It's not fair!

I didn't know that babies could die.
I thought it was only old people.

Gran says sometimes these things happen. She told me about the **circle of life**, and about how all things die eventually.



I was glad to go back to nursery. It's fun there.

My teacher said I could tell everybody about our baby that died.



Sometimes I try to talk

to Mummy about the baby,

but I don't want to make her cry again.

Mummy says it is good to talk, and crying is just a way
to let the sadness out.





I was worried I might forget the baby.
So we made a special scrap-book.

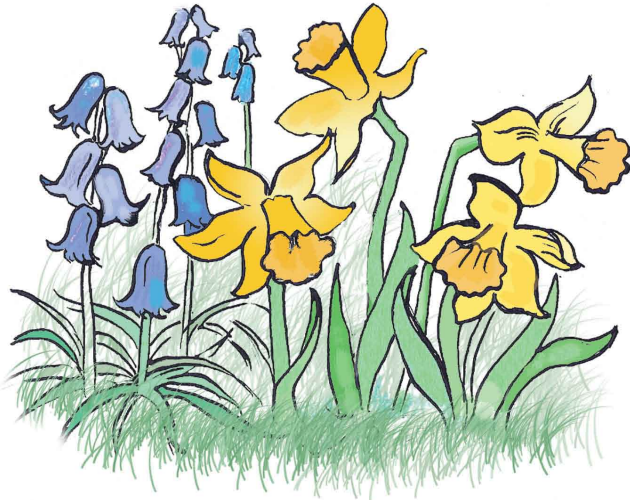
We put in the cards people sent us and
I drew a picture of what I thought
our baby would look like.



We decided to plant a little tree in our garden especially for our baby. I helped Daddy dig the hole to put the tree's roots in. Mummy read a poem about the baby being with us always.

I said *goodbye baby*

We all hugged and that helped us feel better. Now I think our baby is well and happy in Heaven.



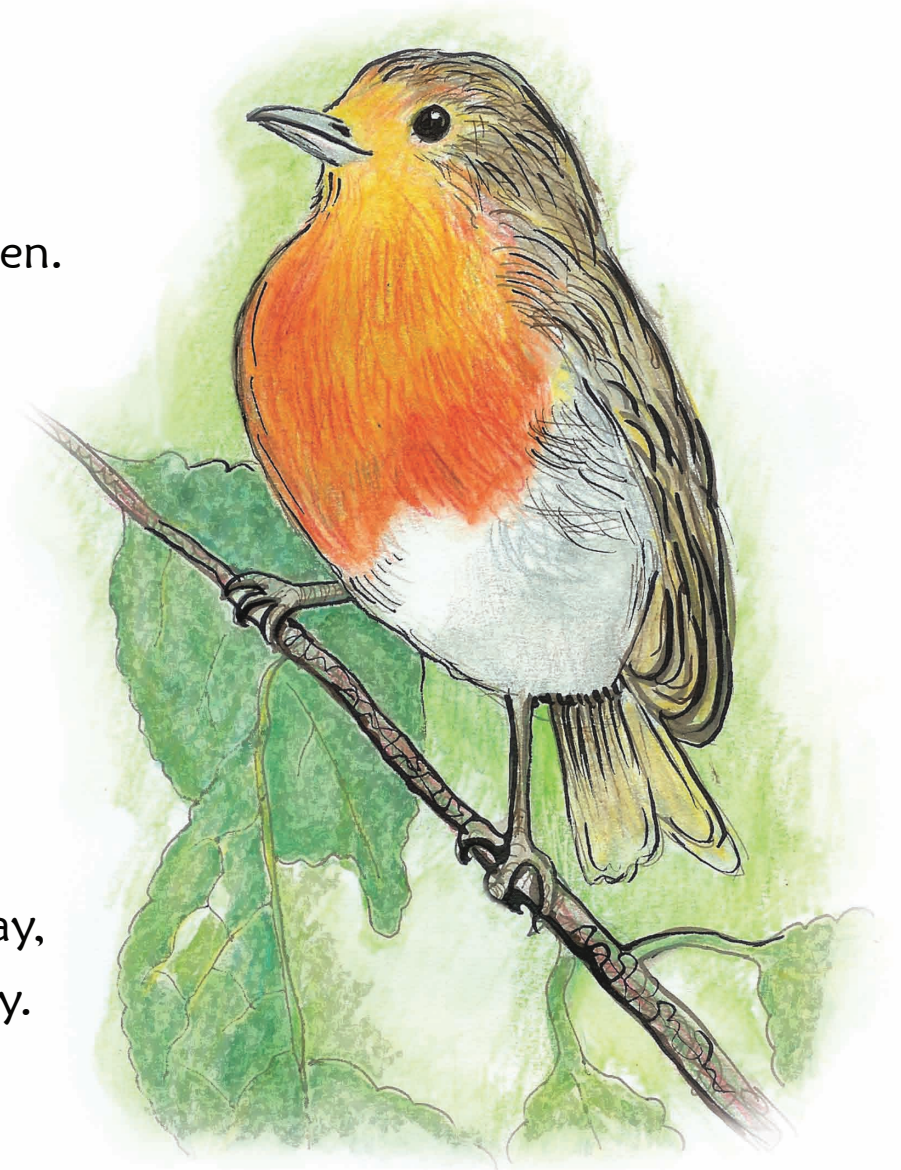
Sometimes I choose flowers to put near the tree. I even talk to the tree and stroke its leaves.

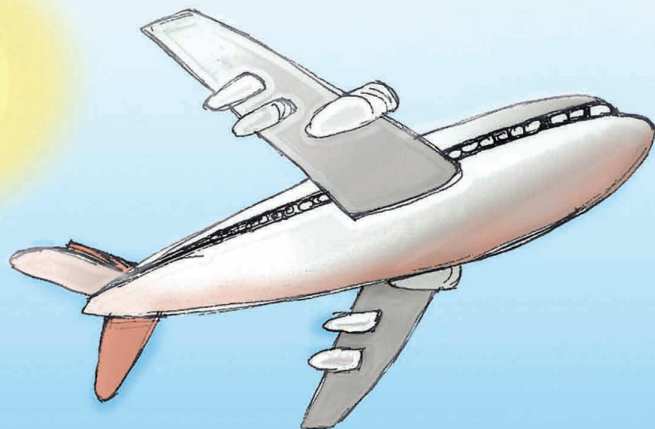
There is a robin that comes each day.
He often looks at us when we are in the garden.

I think he takes messages up to Heaven.
He tells our baby how much we love her.

Sometimes I feel happy, sometimes I feel sad.
I often think about the good times we could
have had playing together.

Sometimes I forget and play. I think that's okay,
because our baby would want to see us happy.





I dream about our baby in Heaven . . .

I think it must be lovely there.

It's way up in the sky,
in golden clouds.



When we went on holiday in an aeroplane, I looked above
the clouds but couldn't see it. It must be too far away.

On the day that would have been our baby's birthday, we let a
balloon go up in the sky. I hope it went all the way to Heaven.

The tree is bigger now.

I watch the berries and flowers grow and
sometimes I think about our baby that died.

Goodbye, baby.

I hope I have another little brother or sister
one day, but I will never forget you.



Gillian Griffiths is a school counsellor and lives in Glasgow. When she had her first miscarriage, her son Cameron was almost 3 years old – old enough to know that he had lost a little brother or sister, but not old enough to understand why. Gillian wrote this book to help him come to terms with his feelings about what had happened. She hopes that sharing the story will help other families who have experienced the loss of a baby.

The book's illustrator, Lindsay MacLeod, also lives in Glasgow and currently works as a Child Development Officer with Early Years children, having previously worked as a Graphic Designer. She too has had first-hand experience of miscarriage.



If you or your family have been affected by miscarriage you can contact the Miscarriage Association on 01924 200799 or find more information at www.miscarriageassociation.org.uk.

The Miscarriage Association is a registered UK charity that offers support and information to anyone affected by miscarriage, ectopic pregnancy and molar pregnancy.

More than one in five pregnancies ends in miscarriage – that's around a quarter of a million in the UK each year.

Goodbye Baby provides comfort, understanding, and reassurance for young children who have been affected by miscarriage in the family.

Together, author, Gillian Griffiths, and illustrator and designer, Lindsay MacLeod, have created a gentle and uplifting storybook to which even the youngest child can relate.



‘Beautifully written and illustrated, this wonderful book is a must for children and parents who need to talk about miscarriage, but just can't find the words.

Here they are.’

The Miscarriage Association