



BEFORE YOU OPEN THIS FOLDER

This folder was created to support you in the days and weeks ahead.

There is nothing inside that you need to read, decide, or do right now.

Some families open this folder immediately.

Some wait days or weeks.

Some return to it many times.

Some choose not to open parts of it at all.

All of those are okay.

There is no right order to read what's inside. There is no expectation to use every resource.

Please take only what feels helpful to you, and leave the rest.

Grief affects everyone differently. You may feel overwhelmed, numb, focused, or unsure of what you need. Whatever you are experiencing in this moment is valid.

This folder will be here when—and if—you are ready.



About the Isabella Denise Tramble Foundation

This document shares why the Isabella Denise Tramble Foundation exists and the hearts behind it. It is offered so you know that this support was created by parents who have stood where you may be standing now. Reading this is optional, and there is no expectation to reach out or engage.

Why This Foundation Exists

The Isabella Denise Tramble Foundation was created in loving memory of Isabella Denise Tramble by her parents, Lysander and Ayanna Tramble.

Isabella was deeply wanted, deeply loved, and born sleeping. Her parents know firsthand the shock of hearing devastating news, the quiet of hospital rooms that feel too still, and the weight of leaving the hospital without the baby they prepared for.

Bella's Legacy

Bella's life, though brief, continues to shape the way care is offered to other families. Her legacy is not built on what was lost, but on the love that remains.

Through her, this foundation exists to say to families: you are seen, your baby matters, and your grief deserves care that is honest, gentle, and respectful.

From Parents Who Understand

This foundation was not created from a distance. It was created from lived experience.

Lysander and Ayanna Tramble understand how isolating grief can feel, how confusing well-meaning words can be, and how important it is to have choices preserved when everything else feels out of control.

What Guides Our Work

The work of the Isabella Denise Tramble Foundation is guided by empathy, humility, and respect. Support is offered without pressure, without timelines, and without expectations.

Families are trusted to know what they need, when they need it. Our role is to walk beside you, not to lead or rush your grief.

This foundation exists because no family should feel alone in their loss. Connection is always optional, and support is always grounded in care, understanding, and lived experience.



Emotional & Psychological Responses to Pregnancy or Infant Loss

This document is intended to help explain the emotional and psychological responses that commonly follow the loss of a baby. Grief after pregnancy or infant loss can feel confusing, overwhelming, and unpredictable. These responses are not signs of weakness, failure, or inability to cope. They are normal reactions to an abnormal and deeply painful experience.

1. Shock, Numbness, and Disbelief

In the early days after loss, many people experience shock or emotional numbness. This may feel like moving through life on autopilot, difficulty concentrating, or feeling detached from reality. Some people describe this as feeling frozen, hollow, or disconnected from their surroundings.

These reactions are protective responses from the brain and nervous system. They allow the mind to absorb overwhelming information gradually rather than all at once. Numbness does not mean you are not grieving or that you loved your baby any less.

2. Waves of Intense Emotion

As shock begins to wear off, emotions may arrive in strong and unexpected waves. These can include sadness, anger, guilt, fear, jealousy, longing, or despair. Emotions may shift rapidly, sometimes within the same hour.

These emotional waves are a normal part of grief. They do not follow a predictable order and cannot be controlled through willpower. Feeling moments of calm or even brief relief does not mean you are forgetting your baby or moving on.

3. Guilt, Self-Blame, and Searching for Answers

Many parents experience guilt or self-blame after loss. This can include replaying decisions, questioning symptoms, or wondering if something could have been done differently. These thoughts are a common grief response, even when the loss was unavoidable.

The brain often searches for reasons because uncertainty feels unbearable. Blame can feel easier than accepting that something happened without explanation or control. Feeling guilt does not mean you caused the loss.

4. Anxiety, Fear, and Loss of Safety

After the loss of a baby, many people experience heightened anxiety or fear. This may show up as hypervigilance, intrusive thoughts, panic, or fear of future pregnancy or medical settings.

Loss can fundamentally change a person's sense of safety in the world. The assumption that things will work out may feel shattered. These responses are the nervous system's attempt to protect against further harm.

5. Grieving Differently Within Families

Grief does not look the same for everyone. Partners, parents, and family members may grieve differently based on personality, past experiences, and coping styles. Some people need to talk, while others need quiet or distraction.

Differences in grief do not reflect differences in love. They can, however, create feelings of isolation or misunderstanding if not acknowledged.

6. When Emotional Support Is Needed

While grief itself is not a mental illness, some experiences indicate a need for additional support. This may include persistent feelings of hopelessness, inability to function in daily life, severe anxiety, panic attacks, or thoughts of harming yourself.

Reaching out for professional support, peer groups, or crisis services is not a sign of failure. It is a way of caring for yourself during a profoundly difficult time.

There is no correct way to grieve. Your emotional responses may change over time, soften, intensify, or return unexpectedly. All of these experiences are part of loving and losing your baby.



Memory-Making & Keepsakes After the Loss of a Baby

This document is intended to share information about memory-making and keepsakes after the loss of a baby. Some families find comfort in having tangible reminders of their baby. Others may not feel ready now, or ever. There is no right choice. This information is offered so you can decide what feels meaningful to you, now or at any point in the future.

1. What Are Keepsakes?

Keepsakes are physical items or mementos connected to your baby. They may include items created at the hospital or personal objects gathered later. Keepsakes can serve many purposes: remembrance, validation of your baby's life, or a way to honor the bond you carry.

Some families know immediately that they want keepsakes. Others may feel unsure or overwhelmed. Both responses are common and valid.

2. Common Hospital-Provided Keepsakes

Hospitals may offer keepsakes such as handprints, footprints, molds or casts, photographs, a lock of hair, name bracelets, blankets, hats, or clothing. Availability varies by hospital, and families may choose to accept or decline any item.

You may also request keepsakes even if they are not immediately offered. If you are unsure, it can be helpful to ask staff to collect items and store them, so you can decide later.

3. Personal Keepsakes Families May Choose

Some families choose to create personal keepsakes such as memory boxes, letters to their baby, jewelry with the baby's name or birthstone, blankets, or artwork. These items can be created immediately or months or years later.

Keepsakes do not have to be elaborate or shared publicly. Private items can be just as meaningful.

4. Why Keepsakes Can Matter (Even If You're Unsure)

In the early days after loss, it can be difficult to imagine wanting reminders. Some families later find comfort in having tangible items that acknowledge their baby's existence.

Accepting keepsakes does not require you to look at them or engage with them before you are ready. Choosing to have them available simply preserves options for the future.

5. There Is No Obligation

You are not required to keep, display, or engage with any keepsakes. Some families choose to store items, ask a trusted person to hold them, or release them in ways that feel right.

There is no correct way to remember your baby. What matters is honoring your needs and boundaries.

Memory-making is about choice, not expectation. Whatever you decide—now or later—is valid and worthy of respect.



Photography & Visual Memories

This document provides information about photography and visual memories following the loss of a baby. Some families find comfort in photographs or visual records, while others may feel unsure or choose not to have them. There is no right choice. This information is shared so you can make informed decisions now or later, without pressure or expectation.

1. Why Photographs and Visual Memories Can Matter

Photographs and visual memories can serve as tangible proof of a baby's existence and a family's connection. For some, images provide comfort, validation, and a way to remember details that may fade over time.

Others may not want photographs immediately, or at all. Not wanting images does not reflect a lack of love or attachment.

2. Hospital and Professional Remembrance Photography

Some hospitals offer remembrance photography or work with volunteer professional photographers. These photographers are trained to approach families with sensitivity and respect.

If photography is available, families may choose to have images taken even if they are unsure about viewing them. Photographs can be stored securely so the option remains open for the future.

3. If Photographs Were Not Taken at the Time of Loss

If photographs were not taken at the time of birth or loss, some families later experience regret or questions. There are still ways to create visual memories.

These may include photographing keepsakes, creating symbolic images, commissioning artwork, or using ultrasound images. There is no deadline for creating visual memories.

4. Deciding When or Whether to View Images

Some families view photographs immediately, while others wait weeks, months, or years. Some choose never to view them.

You are allowed to change your mind. It is acceptable to ask someone you trust to hold or review images for you.

5. Privacy, Storage, and Sharing

Decisions about storing or sharing photographs are personal. Some families keep images private, while others share selectively or publicly.

You are not obligated to explain your choices to others. Privacy boundaries may change over time.

Photography and visual memories are about preserving choice and honoring connection. Whether you choose images now, later, or never, your decision is valid and deserving of respect.



When You're Not Ready for Keepsakes

This document is meant for families who are not ready to engage with keepsakes, photographs, or remembrance items. Not being ready is common and completely valid. Readiness is not a requirement for love, healing, or remembrance. This information is offered so you know your options, without pressure to decide anything now.

1. It Is Okay Not to Be Ready

In the days and weeks following loss, many people feel overwhelmed by the idea of keepsakes. Some may find the items comforting, while others may find them painful or too intense to face.

There is no timeline for readiness. You are not failing or avoiding grief by choosing not to engage right now.

2. Storing Keepsakes Safely

Keepsakes can be stored safely until you are ready—or indefinitely. This may include placing items in a memory box, sealed container, or safe location out of daily view.

Some families label boxes clearly; others prefer neutral labeling. Choose what feels emotionally safest for you.

3. Asking Someone Else to Hold Items

If having keepsakes nearby feels overwhelming, you may ask a trusted person to hold onto them. This might be a family member, close friend, or spiritual leader.

You remain in control of when or whether items are returned. Delegating safekeeping is a valid form of self-care.

4. Revisiting Later—or Not at All

Some families return to keepsakes weeks, months, or years later. Others may decide never to engage with them.

Both choices are acceptable. Revisiting keepsakes is an option, not an obligation.

5. Letting Go in Meaningful Ways

Some families choose to release or let go of items in ways that feel meaningful. This may include burial, donation, ceremonial release, or quiet disposal.

Letting go does not mean forgetting or erasing your baby's significance. It can be an act of care for yourself.

Readiness is not required for love. Your relationship with your baby does not depend on objects or timelines. Whatever you choose—now or later—is valid and worthy of respect.



Supporting the Partner & Family System After Loss

The loss of a baby affects not only one individual, but the entire family system. Partners, parents, siblings, and extended family members may all grieve in different ways and at different times. Understanding these differences can reduce feelings of isolation, conflict, and misunderstanding during an already painful period.

1. Different Grieving Styles

People grieve differently based on personality, life experience, culture, and coping style. Some individuals process grief emotionally and verbally, while others cope through action, routine, or private reflection.

Neither approach is better or more loving than the other. Differences in grieving styles do not indicate unequal attachment to the baby.

2. Partners May Grieve on Different Timelines

Partners may experience grief on different timelines. One partner may appear to function or return to routine sooner, while the other may feel immobilized by grief.

These differences can create tension, resentment, or feelings of abandonment if not acknowledged. Understanding that grief does not move in unison can help reduce misinterpretation of one another's behavior.

3. Communication During Grief

Grief can make communication difficult. Energy may be limited, emotions may be intense, and words may feel inadequate.

Clear, simple communication—such as naming needs directly or expressing limits—can help prevent misunderstandings. It is acceptable to say, 'I don't know what I need right now,' or 'I need quiet today.'

4. Supporting Siblings and Children

Children may grieve differently than adults and may not have language to express their feelings. Changes in behavior, sleep, or mood can be signs of grief.

Honest, age-appropriate explanations and reassurance can help children feel safe. Children benefit from knowing they are not responsible for the loss and that their feelings are welcome.

5. Extended Family and Social Support

Extended family and friends may want to help but may not know how. Some may avoid the topic entirely, while others may say things that feel hurtful or dismissive.

Setting boundaries around conversations, visits, and expectations is an important form of self-care. You are not responsible for managing other people's discomfort.

6. When Additional Support Is Needed

Family systems may benefit from additional support when grief creates ongoing conflict, withdrawal, or emotional distance. Couples counseling, family therapy, or peer support groups can provide a space to process grief together.

Seeking support does not mean the family is failing. It reflects a commitment to caring for relationships during a profoundly difficult experience.

Grief can strain even the strongest relationships. With patience, communication, and support, families can find ways to hold grief together rather than alone. There is no single right way to grieve—only ways that deserve understanding and care.



Grief Over Time: There Is No Timeline

This document is intended to explain how grief may change over time after the loss of a baby. Many people expect grief to steadily lessen or resolve within a set period. In reality, grief often shifts, returns, and evolves in ways that are unpredictable.

1. Early Grief: The First Days and Weeks

In the early period after loss, grief is often dominated by shock, disbelief, and emotional overwhelm. Some people feel consumed by sadness or pain, while others feel numb or disconnected. Energy, focus, and memory may be limited, making everyday tasks feel unusually difficult.

This phase is often focused on surviving each day rather than processing the loss fully. Difficulty remembering conversations, appointments, or details is common and reflects cognitive overload, not lack of care.

2. Grief That Changes, Not Disappears

Over time, grief may change in intensity or form, but it does not follow a straight line. Some days may feel manageable, while others may feel just as heavy as the beginning. Periods of relative calm do not mean grief has ended.

Many people notice that grief becomes less constant but more wave-like. These waves may arrive without warning and can be triggered by memories, milestones, or sensory reminders.

3. Delayed and Secondary Grief

Some individuals experience delayed grief, in which intense emotions emerge weeks or months after the loss. This can happen when early survival needs temporarily suppress emotional processing.

Secondary losses may also become more apparent over time. These can include the loss of expected roles, routines, relationships, or future plans. Recognizing secondary losses can help explain why grief may intensify later rather than lessen.

4. Anniversaries, Milestones, and Triggers

Certain dates and milestones often intensify grief. These may include due dates, birthdays, anniversaries of loss, holidays, or developmental milestones that were anticipated.

Triggers can also be unexpected, such as seeing a baby of a similar age, hearing a song, or encountering a familiar scent. Strong emotional reactions to triggers are normal and do not indicate a setback.

5. Living With Grief

Over time, many people learn to live with grief rather than eliminate it. This does not mean forgetting or moving on from the baby who was lost. Instead, it reflects an ongoing relationship with grief that changes alongside life.

Moments of joy, laughter, or meaning can exist alongside grief. Experiencing joy does not diminish love for the baby or the significance of the loss.

6. When Grief Feels Unmanageable

Grief may feel unmanageable at times, particularly when compounded by isolation, lack of support, or additional stressors. Persistent inability to function, overwhelming despair, or thoughts of self-harm are signs that additional support is needed.

Seeking help during these times is a form of strength and care. Support can include counseling, peer support groups, spiritual care, or crisis services.



Honoring & Remembering Your Baby

This document is intended to share information about ways families may choose to honor and remember their baby. Remembrance can look different for every family and may change over time. There is no single right way to remember, and no requirement to do anything at all. These ideas are offered only as options, so you may choose what feels meaningful to you.

1. Naming and Acknowledging Your Baby

Many families choose to name their baby, even if the name is shared only privately. Naming can be a way to acknowledge your baby as a real and loved individual. Other families may already have a name, nickname, or term of endearment that holds meaning.

Using your baby's name—out loud or in writing—is a personal choice. Some families find comfort in hearing or seeing the name, while others prefer to keep it private.

2. Anniversaries, Dates, and Milestones

Certain dates may carry particular significance, such as a due date, birthday, or anniversary of loss. These dates can bring renewed waves of grief or reflection.

Some families choose to mark these days in specific ways, such as lighting a candle, writing a letter, spending quiet time together, or engaging in a meaningful activity. Others may choose not to observe dates at all. Both choices are valid.

3. Private and Public Remembrance

Remembrance can be private or shared publicly. Private remembrance may include journaling, prayer, visiting a meaningful place, or keeping personal rituals.

Public remembrance may include sharing your baby's story, participating in awareness events, or acknowledging your baby on social media. There is no obligation to share publicly, and privacy can change over time.

4. Cultural, Spiritual, and Personal Traditions

Cultural, spiritual, or family traditions may influence how remembrance occurs. Some families draw comfort from faith-based rituals, while others find meaning through secular practices.

Your traditions and beliefs deserve respect. Remembrance should align with your values and sense of meaning.

5. Allowing Remembrance to Change Over Time

Ways of remembering your baby may evolve as time passes. Something that feels important now may feel different later, and vice versa.

There is no requirement to remain consistent. Changing how you remember your baby does not diminish your love or connection.

Honoring your baby is a deeply personal process. Whether remembrance is quiet or visible, immediate or delayed, simple or elaborate, your choices are valid and worthy of respect.