

Turning Loss Into Light.



UNITED MOTHERS OF
LOSS FOUNDATION

Turning Loss Into Light™

Hope Has Many Names

*A Family Guide to Rainbow, Sunshine & Pot of
Gold Babies*



After every storm
His promises
still shine.



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Welcome

Welcome to Turning Loss into Light™

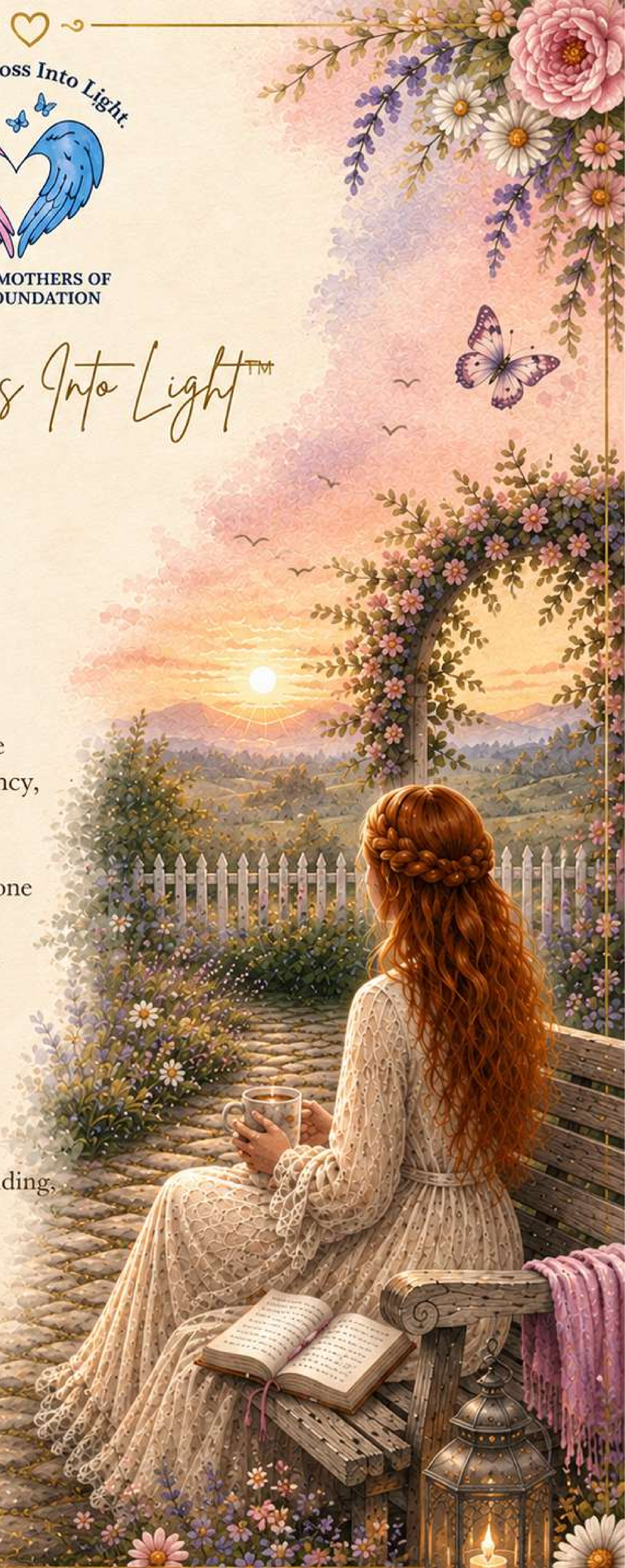
If you're holding this guide, chances are your heart has been touched by pregnancy, stillbirth, or infant loss.

Whether you are here for yourself, someone you love, or simply to better understand the language of hope after loss, we want you to know one thing...

You are not alone.



May these pages bring comfort, understanding, and a gentle reminder that every baby matters, every story deserves to be honored, and *hope has many names.*





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Rainbow Baby

Hope blooms after the storm.





What Is a Rainbow Baby?

Understanding a symbol of hope after loss.

A Rainbow Baby is a baby born after the loss of a pregnancy or infant. Just as a rainbow appears after a storm, this beautiful term represents hope, healing, and the possibility of new beginnings following profound grief.

A Rainbow Baby does not replace the baby who was lost. Every child is deeply loved, remembered, and forever part of a family's story. Instead, the term celebrates the hope that can coexist with grief and reminds us that love continues to grow, even after unimaginable loss.

Every family's journey is unique. Some parents embrace the term Rainbow Baby, while others choose different words that feel more meaningful to them. There is no right or wrong way to honor your child or your journey. What matters most is remembering that every baby matters, every story deserves to be honored, and hope can exist alongside grief.

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What Is a Sunshine Baby?

The memories that continue to shine.

A Sunshine Baby is a child born before the loss of a pregnancy or infant. These children bring light, joy, and love into a family's story, creating treasured memories that will always remain part of their hearts.

A Sunshine Baby is a cherished reminder of happy memories, laughter, and unconditional love. Their presence does not lessen the pain of loss, nor does the loss diminish the joy they have brought to their family. Both experiences can exist together.

Every family's journey is unique. Some parents find comfort in the term Sunshine Baby, while others choose words that feel more meaningful to them.

What matters most is honoring every child, embracing every memory, and recognizing that love continues to shine through every season of life.

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Every
precious life
is a gift
that leaves
love behind.



Some
Treasures
Don't
Fit in
Our Arms.
But in
Our Hearts
Forever.





What Is a Pot of Gold Baby?

The unexpected blessing after the rainbow

A Pot of Gold Baby is a term some families use to describe a child born after a Rainbow Baby. While a Rainbow Baby represents hope after loss, a Pot of Gold Baby symbolizes continued blessings, healing, and joy as hope continues to grow.

A Pot of Gold Baby is a term some families use to describe a child born after a Rainbow Baby. While a Rainbow Baby represents hope after loss, a Pot of Gold Baby symbolizes continued blessings, healing, and joy as hope continues to grow.

A Pot of Gold Baby does not replace the babies who came before. Instead, they become another treasured chapter in a family's story, reminding us that love continues to expand and that hope can flourish through every season of life.

Every family's journey is unique. Some parents embrace the term Pot of Gold Baby, while others choose words that feel more meaningful to them. What matters most is honoring every child, cherishing every memory, and recognizing that every life leaves a lasting imprint on the hearts of those who love them.

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A love that
began forever
and never
ends.



FAQ

WE'RE HERE
TO HELP.



Your story
matters.
Your feelings
are valid.
You are not
alone.





Frequently Asked Questions

Do I have to use the terms Rainbow Baby, Sunshine Baby, or Pot of Gold Baby?

No. These terms are meant to offer comfort and connection, but every family grieves and heals differently. If these words do not feel right for your journey, that is completely okay. The most important thing is honoring your child in the way that feels meaningful to you.

Can I have more than one Rainbow Baby?

Yes. Some families experience more than one pregnancy or infant loss and may have more than one Rainbow Baby. Every journey is unique, and there is no right or wrong way to describe your family.

What if I have experienced multiple losses?

Your story matters. Whether you have experienced one loss or many, each baby is loved, remembered, and forever part of your family's story. Your grief and your love are both valid.

How can I support someone after pregnancy or infant loss?

The greatest gift you can offer is your presence. Listen without judgment, speak their baby's name if they choose, remember important dates, and let them know they are not alone. Small acts of kindness often mean more than perfect words.

Where can I find support?

You do not have to walk this journey alone. Reach out to trusted family members, friends, healthcare providers, grief counselors, or organizations such as the United Mothers of Loss Foundation for compassionate support and resources.

You're not alone in asking.



About United Mothers of Loss Foundation

The United Mothers of Loss Foundation was created to ensure that no family has to navigate pregnancy or infant loss alone. We understand that grief is deeply personal, and every family's journey is unique. Through education, support, remembrance, and advocacy, we strive to provide comfort while honoring every baby and every story.

Our mission is to raise awareness, offer compassionate resources, and create a community where parents and families feel seen, heard, and supported. Whether your loss was recent or many years ago, your child will always matter, your grief is valid, and your story deserves to be honored.

This guide is just one way we hope to bring understanding and hope to families, friends, and healthcare professionals. Together, we can create a world where pregnancy and infant loss is met with greater compassion, empathy, and support.

Thank you for allowing us to be part of your journey. We hope these pages remind you that love never ends, memories never fade, and you are never alone.

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No family should walk this journey alone. ♥

If this guide has brought you comfort or understanding,
we invite you to connect with
the **United Mothers of Loss Foundation**
for additional resources, education, and support.



*Scan to visit our
website and learn
more about our
foundation.*



Website

www.unitedmothersoflossfoundation.org



Email

diane@unitedmothersoflossfoundation.org



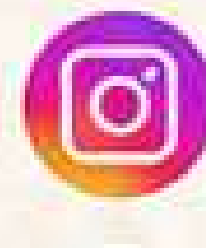
Phone

(313) 241-6142



Facebook (Pregnancy Loss Support Group)

www.unitedmothersoflossfoundation.com



Instagram

[@turninglossintolight](https://www.instagram.com/turninglossintolight)



TikTok

[@mothersoflossfoundation](https://www.tiktok.com/@mothersoflossfoundation)



Pinterest

United Mothers of Loss Foundation

With love, compassion, and hope...

♥ UNITED MOTHERS OF LOSS FOUNDATION ♥

First Edition • 2026

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