

## Knitting to Overcome Grief.

For each child I have had, knitting their blanket has been an important part of welcoming them.

I wove all my love and hope for them into a poem of soft yarn and colourways.

When

I had a miscarriage all my friends and family were sad with us and very supportive. I am grateful for this; but am also a very private person and didn't really want to show my feelings or discuss them with anyone.

I

moved on but was stuck with this lump in my throat that I couldn't explain...I decided to knit this lost baby a blanket, to mentally wrap it up in all the love and peace I could imagine.

I didn't really know what to say...but I DID know how it should look and feel.

The

project was never finished, much like the baby, but enough of it was done for me to get whatever it was, off my chest -and find peace.