

PREGNANCY AND INFANT LOSS AWARENESS MONTH

October

31 DAYS OF KINDNESS IN MEMORY OF:

- Participate in the Wave of Light (October 15), and share on social media to help raise awareness
- Let someone go ahead of you in line
- Say something kind to a parent with young children
- Bake cookies for a neighbor
- Send a letter to someone explaining why you appreciate him/her
- Surprise a friend or colleague with their favorite snack
- Offer a talent or skill that you have to someone for free
- Donate a bag of clothes, toys, etc. to a local charity
- Leave a larger than normal tip
- Thank a police officer, fire fighter, military personnel, etc. for their service
- Call someone that you haven't spoken to in a while and share why you appreciate them
- Send an encouraging text to a parent with small children
- Make a meal for a family in need (due to illness, recent birth, loss, etc.)
- Randomly give flowers to someone who is having a tough day
- Make a nice breakfast for someone
- Genuinely compliment a stranger
- Pick up litter
- Take back an empty shopping cart left sitting in the parking lot
- Hold the door for a stranger
- Intentionally park in the back of the parking lot and save the closer spots for others
- Say something kind to someone on social media
- Deliberately smile and greet people throughout the day
- Offer to babysit, "petsit," or "plantsit" and don't let them pay you
- Use the Charity Miles app to help raise money for a charity
- When making a purchase off Amazon, use Amazon Smile
- Leave an awesome coupon next to that item at the grocery store
- Buy a children's book and give it to someone with children
- Leave an encouraging note and treat for your mail carrier
- Donate your time, talent, or money to a local charity
- Invite someone who lives alone over for dinner
- Choose your own act of kindness: