



EPISODE 6 | HOPE GUIDE

Raising a Rainbow Baby to Remember Their
Sibling in Heaven with Ashley Opliger

LISTEN NOW



EPISODE 6 HOPE GUIDE

Welcome!

Hello sweet momma. Oh, how I wish you didn't need to be listening to a podcast on finding hope after pregnancy or infant loss. My heart breaks for you that you've experienced the loss of a baby.

I am so incredibly sorry for your loss.

I wish I could give you a big hug right now and tell you that you're not alone in your grief. I am here to walk this heartbreaking journey with you. I know firsthand how devastating, life-changing, and sorrowful it is to lose a baby.

My sweet daughter, Bridget Faith, was born into Heaven at 24 weeks into my first pregnancy in 2014. In my deep grief and sadness, I questioned how a good God could allow this to happen to me. As I wrestled with my faith, I came to a place of absolute surrender.

It's a long story (one you'll hear throughout our podcast episodes), but I learned to trust God and allow Him to heal my heart. In doing so, He led me to start a nonprofit ministry called Bridget's Cradles.

You can read more about what we do on our website (and in this Hope Guide), but our mission is to provide comfort, hope, and healing to families grieving the loss of a baby in Heaven. The Cradled in Hope Podcast is an extension of our ministry with the same mission.

We firmly believe that surrendering our suffering to God will allow us to find joy again. He can heal our hearts and use our grief for good. And most importantly, through faith in His son, Jesus, we have the hope to see our babies again in Heaven. Jesus has defeated death and He promises us eternal life with Him and our babies. Though we may grieve, we do not grieve without hope.

With Hope,

Ashley Opliger



Show Notes



EPISODE 6 WITH ASHLEY OPLIGER

In this episode, Ashley Opliger discusses how to raise Rainbow Babies (or older living children) to remember their sibling in Heaven. Through her experience of raising two boys on earth after the loss of her daughter, Ashley shares four practical ways you can help your living children honor their sibling in Heaven.

Ashley is joined by her four-year-old son, Branton, for a few minutes during this episode to demonstrate how to talk to a young child about God, Heaven, and their sibling in Heaven. This short episode is a sweet glimpse into Ashley's life mothering children on earth and in Heaven. If you have lost a baby and desire for your living children to know about them, this episode is for you.

In this episode, Ashley shares:

- How to talk to your living children about their sibling in Heaven
- Traditions you can do to honor your baby's place in your family
- How to involve your living children in Celebrations of Life for your baby in Heaven such as a Heaven Day Birthday Party
- Acts of Kindness you can do in memory of your baby in Heaven (plus a link to 50 ideas and a free personalized template card)
- How Bridget's life has positively impacted her parenting
- Why having a baby in Heaven has allowed them to share the Gospel in a very real and tangible way with their children on earth

Find the full episode transcript [here](#).



LISTEN NOW

Show Notes



KEY VERSES FROM THE EPISODE

- He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.
-Ecclesiastes 3:11 NIV
- He who was seated on the throne said, "I am making everything new!" Then He said, "Write this down, for these words are trustworthy and true."
-Revelation 21:5 NIV
- I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. **-Psalm 139:14 NIV**
- So God created mankind in His own image, in the image of God He created them; male and female He created them. **-Genesis 1:27 NIV**
- Your eyes saw my unformed body; all the days ordained for me were written in Your book before one of them came to be. **-Psalm 139:16 NIV**
- But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for Him to return as our Savior. He will take our weak mortal bodies and change them into glorious bodies like His own, using the same power with which He will bring everything under His control.
-Philippians 3:20-21 NLT
- He Himself bore our sins in His body on the cross, so that we might die to sins and live for righteousness; by His wounds, you have been healed.
-1 Peter 2:24 NIV



BLESS GRIEVING MOMS WITH A REVIEW

If you've been encouraged by our podcast, would you [write a quick review on iTunes](#)? Think of it as spending two minutes of your time to invite a grieving mom to listen in on the message of hope you've just heard. We would be so grateful for your review and 5-star rating. Click [here](#) for instructions/videos on how to leave a review in case you haven't left one before. Thank you so much!

LEAVE A REVIEW

Show Notes



OUR HOST | ASHLEY OPLIGER



Ashley is the Executive Director of Bridget's Cradles, a nonprofit organization based in Wichita, Kansas that donates cradles to over 1,090 hospitals in all 50 states and comforts over 26,000 bereaved families a year.

Ashley is married to Matt and they have three children: Bridget (in Heaven), and two sons. She is a follower of Christ who desires to share the hope of Heaven with families grieving the loss of a baby.

Connect with Ashley

Web: www.ashleyoplinger.com
www.bridgetscradles.com

Facebook: [/ashleyoplinger](https://www.facebook.com/ashleyoplinger)
Instagram: [@ashleyoplinger](https://www.instagram.com/ashleyoplinger)

+ MORE FROM ASHLEY

Writing & Videos

- [Bridget's Cradles Blog](#)
- [Grotto Network Documentary](#)
- [Living Loved Today](#)
- [SHARE Pregnancy & Infant Loss](#)
- [Women \(re\)Purposed](#)

Podcasts (as a guest)

- [Bless It or Block It](#)
- [Coffee & Bible Time](#)
- [Devoted Dreamers](#)
- [Do The Thing Movement](#)
- [It Is For Freedom](#)
- [Millennial Mission](#)
- [Mimosas with Moms](#)
- [Ready to Thrive](#)
- [Straight Talk with Hope](#)
- [Truth Be Told in 10](#)

Show Notes



50 RANDOM ACTS OF KINDNESS



50 RANDOM ACTS OF
KINDNESS IN MEMORY OF
A BABY IN HEAVEN

Spreading kindness in memory of your baby in Heaven is a beautiful way to honor their life and legacy. No matter how many weeks they lived inside your womb (or how many breaths they took or weren't able to take), your baby's life matters because he or she was created in the image of God. Your baby was fearfully and wonderfully made by God and his or her life can have a positive impact on this world.

When we surrender our suffering to God, He can heal our hearts and use our grief for good. Doing random acts of kindness in memory of your baby is one way you can

glorify God and find purpose in your pain. **We pray this list of ideas will help you in your journey to honor your baby and find hope and healing.**

[Read More >>](#)

Download free RAK Guide!

WHAT'S INSIDE?

- ✓ A list of 50 random acts of kindness you can do in memory of a baby in Heaven
- ✓ A link to a FREE Canva template for you to customize your own RAK card
- ✓ Tips on how to print / give out RAK cards

and more...

DOWNLOAD NOW

Show Notes

"Bridget's Cradles"
Cradled in Hope



with
**ASHLEY
OPLIGER**



GUEST BLOG WITH LAURELBOX

laurelbox

RAISING A RAINBOW BABY TO REMEMBER THEIR SIBLING IN HEAVEN

HEAD TO THE BLOG NOW

In her guest blog with laurelbox, Ashley shares four ways you can help your Rainbow Baby (or older living children) to remember your baby in Heaven:

- 1 - *Talk about your baby*
- 2 - *family traditions*
- 3 - *Celebrations of life*
- 4 - *Acts of Kindness*

READ THE BLOG

About laurelbox:

[laurelbox](#) is an online shop offering thoughtfully curated gift boxes designed to nourish a broken heart after loss.

Check out their collection of [rainbow-themed gifts](#) which are a perfect gift for a mom who is expecting again after the loss of a baby.



SHOP THE COLLECTION



SHOP NOW



SHOP NOW



SHOP NOW

Show Notes



DISCUSSION / APPLICATION QUESTIONS

- Ashley shares four ways to help your children on earth remember your baby in Heaven: Talking about Your Baby, Family Traditions, Celebrations of Life, and Acts of Kindness. Which one of these spoke to you the most and what idea can you implement in your family life moving forward?

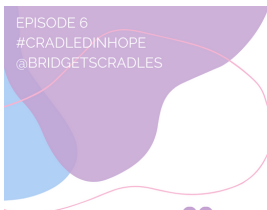
- In this episode, Ashley gave a glimpse into a conversation with her four-year-old son about God, Heaven, and his sister in Heaven. What stood out to you about this conversation? Is it easy or hard for you to have these conversations with your kids? If it's hard, identify what is making it difficult. Plan to have an age-appropriate conversation in the next week and write down how it goes.

- Ashley talks about how Bridget's life allows her and her husband to share the Gospel with their kids in a more real and tangible way. In what ways have you seen this to be true in your life? Are there other opportunities you could use to share God's truth and hope with them?



Pinnable Graphics

"Bridget's Cradles"
Cradled in Hope



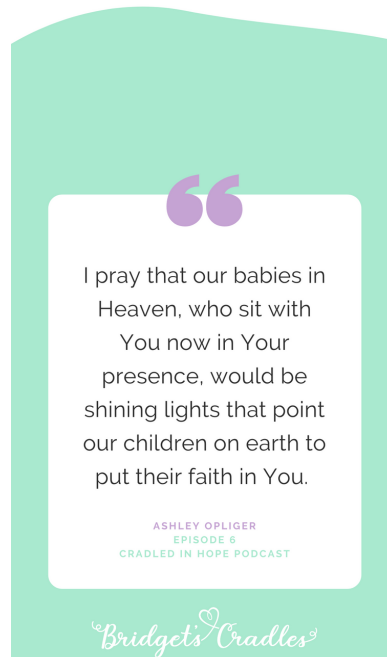
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He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.

—Ecclesiastes 3:11 NIV



So God created mankind in His own image, in the image of God He created them male and female He created them

Genesis 1:27 NIV



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I pray that our babies in Heaven, who sit with You now in Your presence, would be shining lights that point our children on earth to put their faith in You.

ASHLEY OPLIGER
EPISODE 6
CRADLED IN HOPE PODCAST

"Bridget's Cradles"



Thank You, Jesus, for overcoming the grave so that we do not have to be permanently separated from You and from our babies.

Ashley Opliger



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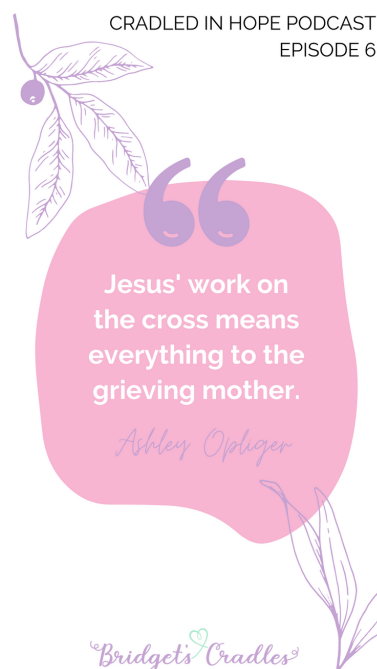
I am grateful to Bridget for giving our family the opportunity to talk about Jesus in a real way with our kids. Not that we wouldn't have talked about Him before, but I know that our conversations are much deeper and more tangible because we have a family member there waiting for us.

Ashley Opliger

CRADLED IN HOPE PODCAST



CRADLED IN HOPE PODCAST
EPISODE 6



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Jesus' work on the cross means everything to the grieving mother.

Ashley Opliger

"Bridget's Cradles"



View and pin episode graphics from our Pinterest board [here](#).

More Resources



CATCH UP ON PAST EPISODES



EPISODE 2: **Finding Peace After Miscarriage** *with Alisha Illian*

Alisha discusses how she learned to rely on God, surrender her plans for her life, and find peace after miscarriage.

**LISTEN
NOW**



EPISODE 3: **Navigating Pregnancy Loss** *with Sarah Philpott*

Sarah shares how she grieved with hope and found joy in the perfection of Heaven, even after experiencing multiple miscarriages.

**LISTEN
NOW**



EPISODE 4: **Grieving a Life-Limiting Diagnosis** *with Amy Balentine*

Amy shares her journey of receiving a life-limiting diagnosis for her son, Simon. She discusses how grieving Simon and her other three babies shaped her faith journey.

**LISTEN
NOW**



EPISODE 5: **Wrestling Well with God through Recurrent Loss** *with Kristin Hernandez*

Kristin shares her story of losing five babies and how she turned to her faith in God and embraced the suffering.

**LISTEN
NOW**

More Resources



✚ FIND HOPE + HEALING

Please visit www.bridgetscradles.com to find resources for hope and healing after the loss of a baby. We pray that something there will be helpful to you and provide hope as you grieve and remember your precious baby in Heaven.



Memorial Ideas

Ways to honor your baby in Heaven by remembering them in your home and daily life.

✚ ✚ ✚
CLICK HERE
TO READ
MORE ✚



Important Dates & Holidays

How to face difficult milestones and holidays in ways that bring peace and remembrance.

✚ ✚ ✚
CLICK HERE
TO READ
MORE ✚



Grieving & Healing

Ashley shares practical ideas that she found helpful in her grieving and healing journey.

✚ ✚ ✚
CLICK HERE
TO READ
MORE ✚

More Resources



✝ FIND HOPE + HEALING



Recommended Books

Christ-centered books that provide hope and healing after the loss of a baby

CLICK HERE
TO READ
MORE



Quotes & Bible Verses

A list of quotes and Bible verses to offer hope and healing for families who have experienced pregnancy or infant loss

CLICK HERE
TO READ
MORE



Helpful Resources

A list of organizations and websites focused on providing healing to families grieving the loss of a baby

CLICK HERE
TO READ
MORE

SIGN UP TO RECEIVE HOPE-FILLED EMAILS
+ PODCAST UPDATES + FREE RESOURCES

SIGN UP NOW

More Resources



HOPE GATHERINGS ONLINE



Ashley Opliger
BRIDGET'S CRADLES

Join our Christ-centered monthly online support group led by Ashley Opliger, Bridget's mom and Executive Director of Bridget's Cradles. The group is focused on finding hope and healing through God in community with each other and is open to any mom in the United States who has lost a baby due to miscarriage, stillbirth, or infant loss. For upcoming dates, please visit

www.bridgetscradles.com/hopeonline.



JOIN OUR FACEBOOK GROUP

Join our Cradled in Hope community of Grieving Moms:



Our Organization



ABOUT BRIDGET'S CRADLES



Bridget's Cradles is a 501c3 nonprofit organization based in Wichita, Kansas. It was founded after Matt and Ashley Opliger's daughter, Bridget Faith, was born into Heaven on October 22, 2014. Ashley's mom, Teresa, had knit a small cradle for Bridget, and it allowed them to hold her in a special and dignified way.

Since then, Ashley and a team of amazing volunteers have been passionate about comforting bereaved families across the country. Bridget's Cradles now donates cradles to over 1,090 hospitals in all 50 states, hosts support groups & remembrance events, and provides hope-filled resources online.



WHAT WE DO



**DONATE CRADLES
TO HOSPITALS**



**PROVIDE SUPPORT
& RAISE AWARENESS**



**HOPE GATHERINGS
SUPPORT GROUPS**



**WAVE OF LIGHT
OCTOBER 15TH EVENT**



GIVE HOPE

Together, we can provide comfort and hope to more grieving families. Your support will allow us to carry out critical program services so that together we can comfort bereaved families now and in the future. Visit www.bridgetscradles.com/givehope.



Let's Connect

CONTACT

If you'd like to be in touch, please email us directly at:

info@bridgetscradles.com

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Bridget's Cradles

