



What if my baby dies?

Being told that your baby is going to die is an extremely difficult and emotional time for a family. There is no way to prepare yourself. The following ideas may be useful for you to consider:

- Spend time with your baby. This is a very important time for you and your family.
- Take photos.
- Bath your baby and organise a special outfit for your baby.
- Make memories with your baby. You can get hands and foot prints, or moulds done.
- If your baby has enough hair, cut a lock off. This means you will always have a part of your baby with you. A lock of hair is also something you can touch later in life.

Leaving hospital without your baby

Leaving the hospital without your baby can be difficult, and very confronting. You may feel heartbroken, lost or like you have abandoned your baby.

If you can, arrange for a family member to park your car at the door, and have another family member stay and help you pack your items. This way, you will not be sitting in a waiting room watching people come to visit other parents, which can be upsetting.

Organising a Funeral

Organising a funeral can be very difficult, and you may not know where to begin. Your hospital may be able to give you information on local funeral homes that you could use. Your first decision will be whether you want a burial or a cremation. This is a very personal decision, and it may be one that you want to discuss with family members.

Don't be afraid to personalise your baby's funeral. Some things that you may like to consider are:

- Butterfly release.
- Balloon release.
- Slide presentation of photos that you took.
- Everyone that attends wears a certain colour.
- Instead of flowers they can donate to a charity in memory of your baby.