

You can ask for a comfort cot or ice packs if you would like extended time with your baby, so that you can take the baby outside in the sunshine, moonlight or garden, or simply spend more time with your precious child.

You can request a religious service or ceremony in the hospital (i.e. baptism.)

You also have the legal option to take your baby home for a home memorial or funeral should you desire it.

After you leave the hospital we recommend you consider:

- Designating someone to arrange for meal delivery for you when you get home.
- Deciding whether you would like to suppress or donate your breast milk. You may want to contact a lactation consultant.
- Creating an online memorial on Facebook, Caring Bridge, or World of Remembrance to share pictures, your grief, and create community.
- Planning a memorial service.
- Sending out Born Still announcements.
- Filling out the application for a Certified Copy of Still Birth and Fetal Death Records.
- Asking your hospital for a stop-junk-mail form, so companies with baby products don't send you mail (i.e. formula, etc).

If your baby will be born alive but is not expected to live:

SLOW DOWN...re-read this guide as many of the suggestions may pertain to your situation.

- Ask the nurses to describe what you may see or hear during your baby's dying process so that you are not feeling fearful. For example, your baby's breathing pattern will change.
- Ask if you can hold your baby while he or she passes. You may ask for privacy during this time.
- Hearing is the last of the senses to go, so sing, play music, read, or speak to your baby during this time. You will always be your baby's mother and father.
- You may want to consider organ donation.

