

If you have learned your baby has died

HELPING YOU THROUGH THE PROCESS

We are so sorry for your loss and want you to know that you are not alone.

We have developed this guide of actions you might consider that have been helpful to other parents in your situation.

If your baby has died in-utero:

SLOW DOWN, there is no rush (unless medically necessary).

- Call a family member or close friend and have them make calls, letting others know that your baby has passed away.
- Look for a bereavement doula in your area that might be able to lend support to you and your family during the birth process.
- Request a room at the end of the maternity ward or on another floor to ensure a quiet space. Watching a comedy can be helpful to pass the time and progress labor.
- Ask the nurses to give you a description of what your baby will look like after he or she is born, so you can be aware of any changes in your baby's skin. There will be no responsiveness or crying, and the lips will appear red. Your baby's body will become cooler and start to stiffen over a short amount of time.
- Plan to take photographs of your baby. You will cherish these photographs for the rest of your life and only have this one opportunity to capture these images. You can take the photos yourself or call a bereavement photographer, i.e. Now I Lay Me Down To Sleep or a local contact through your hospital. NILMDTS offers free volunteer photographers on call at all times.

After your baby is born we recommend you consider:

- Naming your baby
- Having skin-to-skin contact with your baby
- Rocking, holding, kissing, and cuddling your baby
- Bathing your baby
- Putting a diaper and clothes on your baby
- Playing music, singing and reading a book to your baby
- Asking hospital staff to make hand and foot prints of your baby
- Asking hospital staff for a lock of hair from your baby
- Taking photographs of and with your baby