



On the Death of Your Baby

Our thoughts are with you as you grieve the death of your baby. This is a significant loss in your life and also an emotional time. There may be some difficult decisions for you to make in the next few days.

Announcements

It may be important for you to have your baby acknowledged and recognized. Parents often wonder how to make an announcement to friends and family on the death of their baby.

This is a personal choice and an announcement can take any form that feels 'right' for you.

You may want to:

- Place an obituary in the newspaper
- Compose your own card with footprints or baby measurements
- Compose a special poem or use scripture
- Use a postcard format
- Write a song and record it

October 15th is International Day of Perinatal Bereavement. A candle is lit at 7:00 pm across the world to honor those babies lost. Please check your town or city for possible planned events on this day.

This may be a difficult journey for both you and your loved ones. We encourage you to share your significant loss with others in a format that feels comfortable for you.

Funeral Homes

You did not plan on a death when you became pregnant. It can be very difficult and emotional experience when making decisions about your baby's funeral or final resting place.

If you have chosen a cremation or private burial, you can access any Funeral Home of your choice. A complete listing of the Funeral Directors can be found in the Yellow Pages. Services and cost will vary so it is important that you feel comfortable with their ability to meet your needs.

A service held to remember your baby can be a private affair for family or it can be made public to include your larger community of family/friends. Take your time in planning this even and consider what might be important for you to include as a ritual or remembrance to signify the life of your baby.

Cremation and Containers

The urn you choose to hold your baby's remains will need a lid but the container itself will need a lid but the container itself can be made of any material such as porcelain, stone, wood, plastic, marble, etc. You can purchase an urn of your choice at the Funeral Home, at a retail store, or use a special memento from home.

Your Funeral Home will inform you of other options and will assist with other important decisions. Take your time and do what feels comfortable for you.

The Nursery

You may have prepared a nursery in the anticipation of your baby's birth. It may be quite emotional to go home and face this room that you so lovingly completed.



The nursery is another symbol of the importance of your baby's life. Many parents have expressed the need to keep the nursery closed for a period of time. Eventually, they may decide to alter the room or leave it as is, while hoping for the arrival of another baby.

You may want to display special mementoes, toys or photos in your own bedroom; on a shelf; in a curio cabinet; in a shadow box; or in a chest. This is again a personal decision that feels right for you and your partner.

Facing the nursery and deciding what to do with it will not be an easy task. Even though it may take some time to complete this, it will be done with much love.

Children At Home

You may have other children at home who are anxiously awaiting news of their new brother or sister.

Depending on their age, children may not understand the finality of death but they will need honest and sensitive explanations.

Use language that is appropriate for their understanding... baby has died (do not use other terms) ... baby's body doesn't work anymore... we don't know what caused this... Reassure children that they are loved and that no one is to blame for the baby's death.

Young children may become a bit clingy, have some regression in habits or just need to have questions answered as they try to comprehend the sadness in the home.

Children can also be resilient and very loving during this time of pain and sorrow. Allow them to bring their innocence and joy into their heart.

For further information please contact The Central Zone Pregnancy and Infant Loss Program

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