

After Your Loss

- Seeing and holding your baby helps to create lasting memories
- Naming your baby is a way to honor their uniqueness and can help when you talk about your baby by name.
- Having momentos provide lasting memories. Photographs, lock of hair, birth/death certificates, foot and handprints.
- Having your baby baptized or having them blessed may provide you and your family comfort.
- After you deliver your baby you can ask to be moved outside of the maternity ward.
- Your milk may come in and cause engorgement. Your medical provider can help you with this. As it may be a painful reminder that you do not have your baby there to feed.
- You may have to sign a birth/death certificate and be asked how to handle the baby's body.
- Autopsies can sometimes offer insight to your baby's death.
- A memorial service can be planned or it can be skipped. The choice is yours.

Contact us

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