



## Creating & Preserving Memories: How do I create keepsakes in the hospital?

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#### Photography

Take photos. Preserving the precious few moments you have with your baby can be very healing. Even if you don't think you want to have photos, we suggest having some taken and stored away in case you change your mind at a later time. Most parents find that they are relieved they have the photos and find great comfort in sharing their baby with others down the road.

- Ask the nursing staff to contact Now I Lay Me Down to Sleep for a free, heirloom quality remembrance photo session.
- Take photos with your own camera. Some suggestions of photos to include are:
  - Photos of your baby
  - You with your baby
  - Family members and friends with your baby
  - Baby with a special memento (stuffed animal, wedding rings, flowers, blankets, etc.)
  - Your baby being dressed or bathed
  - Close ups of baby's ears, nose, toes, fingers, etc.
  - Don't forget baby's backside as well!
- Make videos of you and/or your loved ones holding your baby, reading to your baby or even singing to your baby.

#### Spend Time with your Baby

- Name your baby
- Dress your baby; wrap your baby in a blanket
- Bathe your baby
- Ask the nursing staff for your baby's footprints and handprints as well as ID bands
- Ask the nursing staff to make plaster molds of your baby's hands, feet, etc.
- Get a clipping of your baby's hair
- Use some baby powder on your baby. The sense of smell is one of the strongest memory triggers. A special scent can help you feel close to your baby even years down the road
- Have family and friends visit and hold your baby
- Bring home clothing or blankets that were used during your hospital stay for the care of your baby. Don't be afraid to ask to keep these important items!



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- You are entitled to [formal recognition and acknowledgement of your child](#). Your child is a human being and deserves recognition as such.
  - Obtain a Birth and Death Certificate or, in the case of Stillbirth, a Certificate of Stillbirth. (Information on obtaining these items are located in the right pocket of the folder)
  - Hold a Funeral or Memorial Service for your child
  - Hold a Special Dedication (of a plaque, a bench, a tree, etc.)
- You are entitled to [bury or cremate your baby according to your beliefs and traditions](#)
  - Use the same funeral home or cemetery that your other family members use
  - If you do not have a family funeral home, use the resources in this folder or on our website to find a place that fills your needs and wishes
- You are entitled to [NOT feel guilty](#). Whether you choose to do all, some, or none of the items listed above, you should not feel any guilt about your choices. You are doing the best you can during a very traumatic and stressful time.
- You are entitled to [GRIEVE](#). Grief is a complicated process and requires you to be kind to yourself without pressure from others to “get over it”. There is no time line associated with grief and is unique to each person. Included in this folder are ongoing resources available to you.