



Immediate Decisions: How do I tell people my baby died?

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You may find it difficult to formulate the words to explain to each member of your family or friends that your baby has died. Consider asking members of your immediate family or close friends to take on the task of notifying people instead to alleviate this task for you.

- Ask your family and/or close friends to contact other members of your family or close circle to let them know what has happened and to inform them of any wishes or arrangements that you have.
- If you would rather, consider crafting an email to your friends and family to let them know what is happening and to communicate and wishes, boundaries, or emotions that you need to. The following are some suggestions for the email:
 - Do you want visitors or not?
 - Do you want your family and/or friends to meet your baby?
 - Explain boundaries regarding what you need from them emotionally at this sensitive and difficult time
 - Is there anything you need help with at this time such as bringing food or clothes to the hospital, baby sitting for living children, bringing sentimental items to the hospital to make memories with your baby, etc.
 - Do you want your living children or your baby's cousins and/or other children in the family to meet your baby?



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Eternal Care Decisions

Eternal care decisions for your baby will be some of the most difficult decisions you will make in your lifetime. These decisions should never have to be made by a parent and will be incredibly challenging to navigate. Below, please find a list of some of the decisions you may be faced with:

- Do you prefer to cremate or bury your baby?
- Do you wish to have an autopsy performed?
- What service provider/vendor do you wish to handle the arrangements for your baby?
- Is there a family member that you would like your baby to be buried near?
- Do you want to dress your baby for burial or cremation?
- Is there anything of meaning you would like to have buried or cremated with your baby?
- Do you want an open casket?
- Do you want to be present for the cremation?
- Do you want to help lower your child into their resting place?

Preparing to go Home

Leaving the hospital without your baby will be incredibly painful. Consider the following while preparing to go home:

- Your family and friends may offer to pack up your baby's things prior to you arriving home. This is well intended, although you may not want them to do so. Take your time with this decision and make sure it is really what you want. There is no timeline for this decision to be made except at your own pace.
- Do you want to go to your own home or stay with family and/or friends or in a hotel to ease into the transition?
- Do you want someone to drive you as this will be a highly emotional and upsetting experience?
- Do you want family or friends to be there when you arrive home or do you prefer to be alone?
- Do you want someone to babysit your living children or do you want to go home together?
- Your milk will still come in and it can feel like your body is betraying you. You can choose to donate your milk to a milk bank or try to get through the "drying up" process as quickly as possible. Whatever you decide, it is the right decision for you and you should not feel guilty.
- Your friends and family may bring you food, offer to babysit living children, help with housework or try to get you out of the house. Let them.