

# Saying goodbye to your baby



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Planning a funeral for your baby is very hard and upsetting.



A funeral gives you the chance to say goodbye to your baby with your family and friends. You can share your sadness together.



It can be hard to decide what you want to do for the funeral.

This leaflet gives you information about:



- things you can do for your baby before you say goodbye



- registering your baby. **Register** means telling the council when your baby was born and when they died



- planning a funeral

## Things you can do for your baby to say goodbye



You might want to do special things that will help you remember your baby.

## Seeing and holding your baby



Lots of parents want to see and hold their baby. It is up to you.



You can choose to see just a part of your baby if you want to. Like their hand or foot.



Speak to your midwife if you want to see and hold your baby. Your partner can choose if they want to see the baby too.



You might be able to take your baby home for a short time. Your midwife will give you more information.



You might be worried about seeing and holding your baby.

Your midwife will support you.



They can:

- tell you what your baby looks like



- take a photograph of your baby for you. They can keep the photograph until you are ready to see it



- wash and dress your baby ready for you



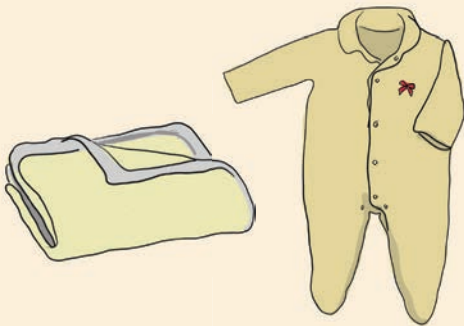
## Giving your baby a name

Lots of people give their baby a name. You do not have to give your baby a name if you do not want to.



## Washing and dressing your baby

You might want to wash and dress your baby yourself. A midwife or nurse can help you.



You can bring something from home for your baby to wear. It might be easier to wrap your baby in a blanket.



Doing things for your baby is a special time. It will help you remember your baby.



# Registering your baby



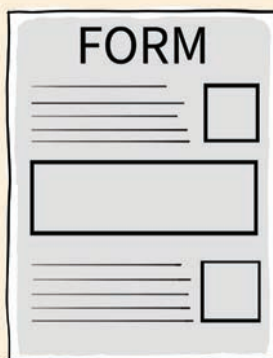
The law says you might need to register your baby.

**Register** means telling the council when your baby was born and when they died.

You **must** register your baby if they died:



- shortly after they were born
- or
- before they were born **and** after 24 weeks pregnant

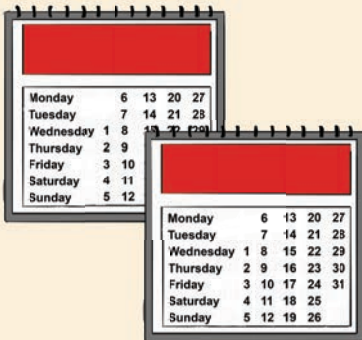


After you have registered your baby, you will get a special form. You will need this form to plan a funeral.



If you do not need to register your baby, you will get a letter from the hospital. You can use this letter to plan a funeral.

## Planning a funeral



Funerals usually happen within 1 or 2 weeks after the baby died.



You might have to wait to have the funeral if doctors are:

- doing some tests
- or
- looking into why your baby died



You need to tell the hospital staff if you want the funeral very quickly because of your religion.





## What kind of funeral you want to have

Most people use a funeral director to help them arrange a funeral.



You will need to decide if you want your baby to be buried or cremated.



**Buried** means your baby's body is put in a special box called a coffin.

The coffin is then put in the ground in a place called a grave.



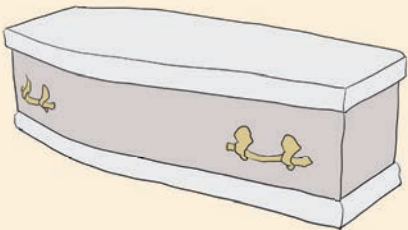
**Cremated** is when the coffin is put into a very hot fire until it becomes ashes.

You might want to keep the ashes or put them somewhere special.

# Getting your baby ready for the funeral



You may want to wash and dress your baby for the funeral. The hospital staff will help you.



You might want to put some special things in the coffin with your baby.

Things like:



- a teddy or soft toy



- a letter



- photographs

# The funeral service



You do not need to have a service at the funeral, if you don't want to.



You can choose what you would like to have at the service. Things like:



- how many people are coming



- what music or readings to have at the service



- if you would like flowers at the funeral

## Your baby's ashes



If your baby was very small when they died, there might not be any ashes after the cremation.



Any special things that are in the coffin with your baby will be cremated.

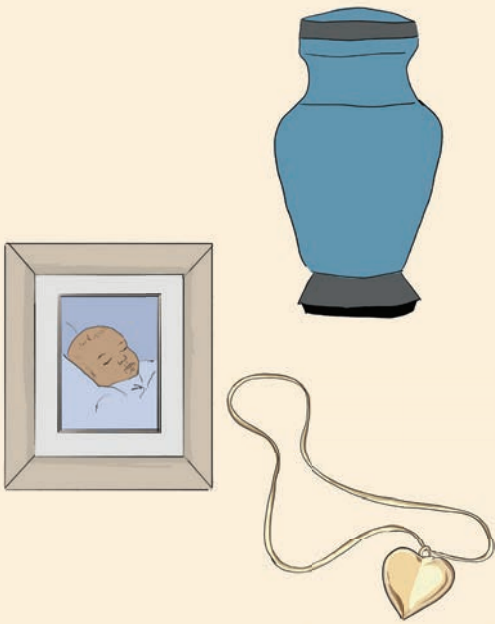


You may choose to scatter your baby's ashes in a special place. Like in a wood or in your back garden at home.



You may choose to bury your baby's ashes.

You might want to keep the ashes.  
You can keep them in things like:

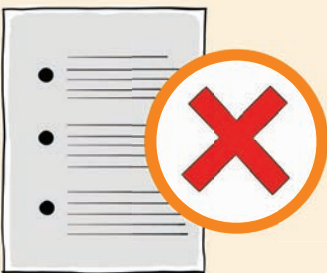


- a special vase called an urn
- a photo frame
- jewellery. Like a ring or a necklace

## Hospital funerals



The hospital might be able to arrange your baby's funeral.



If you have a hospital funeral, you will not have as many choices.



Talk to the hospital to see what your choices are.



Most hospitals arrange a shared funeral.

This means that the funeral service is for other babies who died as well as your baby.



Services are for people of all religions. Parents can bring any friends and family they want to.



You do not have to go to the service if you don't want to.



## Shared burials and cremations



Usually, hospitals arrange shared burials.

This means other babies who died as well as your baby, are buried in the same grave.

Every baby is still in their own coffin.



Some people think this helps because their baby will not be alone.



If you have a hospital shared cremation, you will not be allowed to keep the ashes.



All of the ashes together will be buried or scattered in a special place.

This means you will have a special place to visit to remember your baby.