

When You Know You Will Be Saying Goodbye

Take pictures. Take videos. You may not feel comfortable/ want them now, but one day you will. Contact NILMDTS or Heartfelt ahead of time. Sometimes professional photographers donate their services as well.

Get close up pictures of hands, feet and face.

Get your support system in place. Even if it is one person. You need at least one person to get it and not judge you.

Write your baby a letter.

Plan a memorial service, whatever that means to you, have ideas in place. That is the hardest thing to do, but its even harder after you lose your child. You may want a photographer/ videographer for this as well.

Cherish every moment you have. They are not gone until they are gone.

If possible, make a mold of your baby's hands and feet.

Have a photographer or even a family member or friend take maternity pictures.

Get a recorded sonogram.

Give your baby a bath (even after they pass if needed) and use a scented lotion after the bath so you have a smell associated with your baby.

Keep everything from the hospital from hats to blankets to wristbands.

Get footprints and hand prints.

Play music in the room with your baby during those last few moments, so you can have a song you can associate with them. You might also light a scented candle for this reason.

Go places you would have wanted to take your child one day, if possible.

Read a story to them.

Get a recorded heartbeat at an ultrasound appointment.

Put used blankets and worn outfits in plastic baggies and seal.

Have an artist do a belly cast on you.

Purchase a special outfit for your child.

Don't be afraid to hold your child for too long.

Save a lock of their hair if possible.

Hold your baby close and DON'T LET ANYONE tell you when your time is up.

Sing to him.

Get a special blanket and wrap her in it those last few moments. Keep the blanket and store it in a sealed bag so you can savor the scent of your baby for years to come.

Don't watch the monitors. Be present with your child in the moment.

Create a specific birth plan

Have a 3D/4D Ultrasound

Ask the nurse for heated blankets to wrap your baby in to keep them warm during your time

Kiss your baby

Contact a loss Douala to assist you in making the most of your time

Look over your baby's entire body