



[www.support4NICUparents.org](http://www.support4NICUparents.org)

**If you know in advance that your baby will not survive, here are some ideas for making memories when the time comes:**

These are just some ideas. Be creative! This is your time to make special memories with your baby.

- A Lock of Hair (if baby had hair)
- Handprints
- Footprints
- Molds of Handprints and Footprints
- Newborn Picture
- Birth Certificate
- Identification Bracelets
- Record of Weight, Length, Head & Chest Measurements
- Receiving blanket your baby was first wrapped in
- Card hanging on door to notify hospital personnel of loss
- Hold the baby
- Bathe the baby
- Dress the baby in a special outfit
- Sing to the baby
- Rock the baby
- Invite family to spend time with baby
- Take pictures of baby and others holding baby
- Have your baby baptized (if desired)
- Say a special prayer, blessing, or verse
- Request Autopsy (if desired)
- Ask Questions
- Gather information about Support Groups
- Gather information about Funeral Homes and Costs
- Make clear to family members what you want done with nursery items by the time you come home. People handle grief in different ways, so don't let your family decide what is best for you. Do you want everything put away, nursery door closed, baby items around house stored away, or things left as is?

**Once Home:**

- Pick out Cemetery Plot

\*\*\*Don't rush picking out a grave marker. This does not need to be decided right away. Shop around and find exactly what you want.

- Visit Funeral Home
- Take anything you want your baby buried with to Funeral Home, for example: special outfit, pictures, receiving blanket, doll or stuffed toy
- If having a closed casket, request funeral home to take a picture with disposable camera
- Write obituary for local paper
- Visit florist for floral arrangements for casket
- Plan Memorial Service
- Gather special mementos to display at Memorial Service