

Text Message

**When**

**BRW**

**DIES**

no baby...who dis?

How's the baby?

Messages Everyone Details

<https://perinatal.nurse.win>

gal

<https://pallnetwork.sunnybrook.ca/>

1-888-303-7245

Network

Pregnancy and Infant Loss

<https://bf.london.ca/>

519-686-1573

Southwest Region

Bereaved Families of Ontario -

Resources

Think 'us versus the issue'

You are a team

No blame

Focus on communication

Do your best to treat each other and your other children with care

You and your partner are going to be angry and upset

Reaching out

Isn't weak

Seek support

Maintain connections

For Dad

may want to meet their sister or brother

big emotions

are feeling

Siblings

Your other children:

AWARENESS

my relationships with people

I t has helped me sort of manage

trying to hurt you

their best and they're not

"You know people are doing

may centre their feelings and emotions about the situation

be insensitive

say the wrong thing

push you to heal faster than you are ready

feel awkward

Be ready for people to:

Your baby is gone, you may feel:

**What did I do WRONG?**

**ANGER**

**FEAR**

**DEPRESSED**

**DenIAL**

**RElief**

**DisTant**

**PRide**

**InXIOUS**

**JeaLOUS**

**Sad**

All these are normal

**Why me??**

You're not alone: there are 9 stillbirths per day in Canada in 2022

It's not your fault  
You didn't do this; don't blame yourself

**Why does it happen?**

Doctors are often unable to determine the cause of death.

You can request an autopsy by talking to your child's doctor or nurse.

A look at the causes

You can request your child's complete medical record from the hospital. It may provide answers, but its medical jargon can be confusing.

**WTF**

Your baby is an

irreplaceable individual

We are here for you

Help you put together a memory box

- Cards
- Footprints
- Locks of hair
- Baby clothes
- Pictures

spend time with your baby

Help you wash your baby

Love you

what to expect-

pale skin, floppy body, calm facial expression, cold

Survivor thoughts

"so we had him for three days erm, and, in some ways that was very positive and I'll always say that was one of our saving graces, that we'd got to cuddle him, we could make the decisions"

"I think it's probably changed my parenting, I think I'm a better mum because of losing Abigail"

"We could still interact with her, change her nappy, and clean her, things like that. So you know when we look back on the experience, then we feel very honoured and blessed that we had the opportunity"

"One of the things that I do have regrets about is that I did not want to hold him"