

How's the baby?

no baby...who dis?



When



DIES



Text Message



Your baby is gone, you may feel:

What did I do **WRONG?**



AngER

FEar

DEPRESSED

DenIAL

RElief

DisTant

ANXIous

PRide

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



Heal

spend time with your baby

Help you wash your baby

what to expect-

pale skin, floppy body, calm facial expression, cold

LOVE

Love you

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"



Be ready for people to:

feel awkward

push you to heal faster than
you are ready



AWARENESS

be insensitive

say the wrong thing

may centre their feelings and
emotions about the situation

"You know people are doing
their best and they're not
trying to hurt you

I t has helped me sort of manage
my relationships with people"

Free!

please
take

MEMORIES



Siblings

Your other children:

are feeling

may want to meet

big emotions

their sister

For Dad

or brother

Maintain connections

Seek support

Reaching out

isn't weak

You and your partner are going to be angry and upset

Focus on communication
No blame

You are a team

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

Think 'Us versus the issue'





Resources

Bereaved Families of Ontario -
Southwest Region
519-686-1573
<https://bfolondon.ca/>

Pregnancy and Infant Loss
Network
1-888-303-7245
<https://pailnetwork.sunnybrook.ca/>



<https://perinatal.nurse.win>