



North West Perinatal/Neonatal Palliative and End of Life Care for Neonates Making Memories



**This document has been produced in partnership with
the Northwest Paediatric Palliative Care Network**



Offering Choices and creating memories:

It is very important for parents to think very carefully about how they would like to spend time with their baby. Parents often have no idea of what to do or what may be possible, therefore as staff we need to guide them and offer choices but also respect their wishes and decisions.

Every neonatal unit should be able to offer the following memory making opportunities as standard practice to ensure consistency for families across the networks:-

Opportunity to cuddle the baby as much or as little as they desire, include family members and friends

Offer skin to skin, as this is discussed repeatedly throughout pregnancy; bereaved parents can still do this if they wish and it is suitable for the baby.

Take handprints and footprints, create lots of sets then family and friends can have some too. (Inkless wipes and card are available free of charge from gemma@lifeafterloss.org.uk) Parents might like to help do this too.

A lock of hair can be kept if appropriate.

Take photographs, capture the special moments as time is very precious. Parents can take photographs themselves, staff can photograph or record parents interacting with their baby and with family and friends. There can never be enough photographs is the message from families.

In addition contact Remember my Baby, a team of professional photographers who will come to the hospital and take photographs of the family on a voluntary basis and provide them with quality black and white images on a usb so they can create individual family memories. (Contact Jocelyn 07929768371)

Allow the parents to choose clothes and dress the baby, this can be done more than once if they wish depending on the condition of the baby.

Encourage the parents to wash, bath and do nappy changes for the baby if appropriate or they may prefer a member of staff to do this for them, offer to record or take pictures of this too.

Offer all families a memory box, please see link for list or standard contents and optional extras, these are available free of charge to anyone who would like them contact details in link.

All families should receive the Sands support pack and contact details of local Sands group.

See link for details of which leaflets should be included in the pack.

MAKING MEMORIES PART– SENSITIVE PHOTOGRAPHY

The message from families is loud and clear, you can never have enough photographs!

Encourage parents to take their own photographs, capture the journey. Tell the story of their babies' short time in this world.

Take photographs for them, suggest recording caregiving activities.

Photograph the baby with other family members, including siblings if the parents would like this.

If there are twins, take pictures of them together.

Take photographs of the whole family and individually with mum and dad.

Offer to take picture of parents doing skin to skin with their baby if appropriate.

Take pictures and record the blessing with consent.

Take pictures and record the baby being bathed and dressed if appropriate.

Make the pictures meaningful, use pieces of jewellery, for example wedding rings on the toes of the baby, use parents hands together with the baby's hands, cup the baby's feet – hands and feet photographed well can be reproduced as beautiful canvas pictures at a later date.

Offer the Remember My Baby bereavement photography service in addition to all the above.

Remember My Baby is a UK based registered charity who have professional photographers volunteering their photography services for the benefit of UK parents losing their babies before, during or shortly after birth. They cover the Cheshire & Mersey region, Greater Manchester and have just trained one volunteer in the South Lancashire & Cumbria region. Please follow the link for more information about this valuable service.

www.remembermybaby.org

EXAMPLES OF SENSITIVE PHOTOGRAPHY





MEMORY MAKING PART CONTENTS OF MEMORY BOXES

STANDARD CONTENTS

Memory box

Bespoke memory book, life after loss candle, wristband and pin badge

Inkless wipes/card

All the above are available free of charge to any hospital that would like them from Gemma gemma@lifeafterloss.org.uk; 07845700169



Baby blanket

Local information about funeral arrangements and contact numbers for people who can help eg local Sands contact details, bereavement midwife, clergy, bereavement office, child bereavement trust, Bliss, local bereavement support available.

SD memory card so that parents can have photographs taken and/or take their own then take the SD card home with them

Two teddy bears, one to accompany the baby and one for the parents to keep

OPTIONAL EXTRAS

A teddy to give to each sibling in the baby's memory

The book Guess how much I love you – mini version available from the child bereavement trust

A blessing card so that details are recorded and preserved as a keepsake

Forget me not seeds

4D casting kits in the event of a skeletal abnormality.

Casting kit to provide a 3D memory of handprints and footprints



Comfort pack containing baby bath, baby shampoo, cotton buds, baby wipes and nappies so that parents can bath or wash their baby