

My baby’s notebook

Questions to ask, things to keep. For parents after a stillbirth.

This notebook is yours

We are so sorry that your baby died. This notebook is here to help you remember what you are told, ask what matters to you, and keep what you want to keep.

- You do not need to use it now, or at all.
- Skip anything. Write in any order.
- Someone close to you can write in it for you.
- The questions are for your care team. The answers depend on your hospital and your country.

> This notebook does not give medical advice. If you feel very unwell, call your doctor or midwife, or your emergency number, straight away.

For answers about rights, registration, leave and support where you live, see your country guide at **mimatis.org**.

My baby

NAME

DATE OF BIRTH

TIME

WEIGHT

LENGTH

BORN AT (HOSPITAL, TOWN)

WHO WAS THERE

WHAT I WANT TO REMEMBER

To keep

A place for a photo, prints, or anything you would like to keep close.

Time with your baby

You can ask for these. You can also say no, or change your mind.

Can we spend time with our baby? Can our baby stay with us in the room, and for how long?

☐ asked ☐ answered

Can our family, and brothers and sisters, meet our baby?

☐ asked ☐ answered

Can we have a private room, away from the sounds of newborn babies?

☐ asked ☐ answered

Can we have photos, hand and foot prints, a lock of hair, the name band? Is there a memory box?

☐ asked ☐ answered

Understanding why

Is there a bereavement midwife, nurse or social worker who will look after us?

☐ asked ☐ answered

Which tests do you suggest to understand why our baby died? What does each one involve?

☐ asked ☐ answered

Do we have to decide about a post-mortem now? Is there a time limit?

☐ asked ☐ answered

When and how will we receive the results? Who will explain them to us?

☐ asked ☐ answered

What happens next, and who can we ask if we have more questions?

☐ asked ☐ answered

Saying goodbye, and the paperwork

What are our options for a farewell: burial, cremation, a ceremony? Can the hospital help arrange it?

☐ asked ☐ answered

Do we need to tell you our choice before we leave hospital? Is there a deadline?

☐ asked ☐ answered

Can our baby be registered, and with a name? Where, and by when?

☐ asked ☐ answered

Which documents do we need, and who gives them to us?

☐ asked ☐ answered

Is there help with the costs of the funeral?

☐ asked ☐ answered

Dates and deadlines

Write down anything that needs to be done by a certain date.

WHAT	BY WHEN	WHO	DONE
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐

People who can help

WHO	NAME	PHONE OR EMAIL
Midwife		
Hospital doctor		
Hospital ward		
Bereavement midwife or nurse		
Funeral home		
Family doctor (GP)		
Registry office		
Employer		
Support group		
Helpline		

Your body, and your rest

Questions for your midwife, doctor or GP.

What changes in my body should I expect, and when should I call you?

☐ asked ☐ answered

What can I do if my breast milk comes in?

☐ asked ☐ answered

When is my check-up after the birth?

☐ asked ☐ answered

I am not sleeping, or I feel very low. Who can I talk to?

☐ asked ☐ answered

Work and money

How much leave do I have from work? What does my employer need from me?

☐ asked ☐ answered

What leave does my partner have?

☐ asked ☐ answered

Is there financial help we can ask for, and how?

☐ asked ☐ answered

Notes

Before the meeting

This meeting can be hard and confusing. It may help to bring someone with you, to write your questions here before you go, and to ask for a written summary.

DATE, TIME AND PLACE

WHO WE WILL MEET

OUR OWN QUESTIONS

Questions to ask

What did the tests show? Do we know why our baby died?

☐ asked ☐ answered

If no cause was found, what does that mean for us?

☐ asked ☐ answered

Could this happen again? What care would we have in a future pregnancy?

☐ asked ☐ answered

Can we have a copy of the results? Who can we contact later with questions?

☐ asked ☐ answered

For fathers and partners

You lost your baby too. Fathers and partners are often asked how the mother is, and not how they are. This page is for you.

What leave do I have, and how do I ask for it?

☐ asked ☐ answered

Is there support for partners and fathers? Who can I talk to?

☐ asked ☐ answered

WHAT I WANT TO REMEMBER

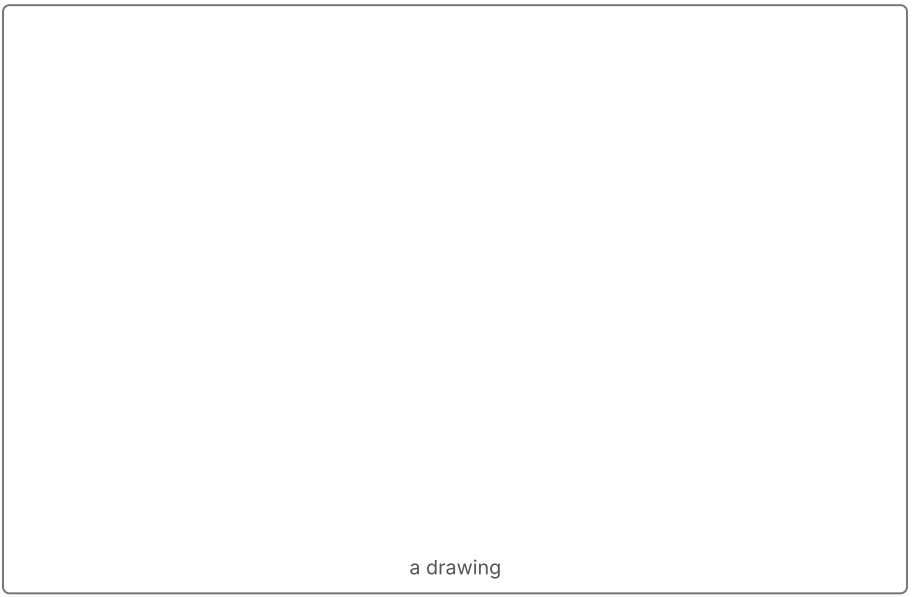
WHAT I NEED RIGHT NOW

For brothers and sisters

A page for your baby's brothers and sisters. They can write, or draw, whatever they like. You can help them if they wish.

MY BROTHER OR SISTER'S NAME IS

WHAT I WANT TO SAY TO MY BROTHER OR SISTER



Days to remember

Some days can be harder. It can help to know they are coming.

DAY	DATE
Birthday	
Due date	
Funeral	

Ways we remember

Light a candle. Plant a flower or a seed letter. Write a letter. Plant a flower in your baby’s name in the MIMATIS memorial garden.

Thinking about another pregnancy

Only if and when you want to. Questions for your doctor or midwife.

Is there anything we should know or do before another pregnancy?

☐ asked ☐ answered

What extra care or check-ups would we have?

☐ asked ☐ answered

Who will look after us, and how can we reach them?

☐ asked ☐ answered

Notes

Notes

Notes

Find the answers for your country

Rights, registration, funerals, leave from work and support near you.

mimatis.org/#help

Plant a flower for your baby

mimatis.org/#garden

> If you are in danger or thinking about ending your life, call your emergency number now.

Asociación MIMATIS · contact@mimatis.org · Free to print and share. Hospitals and care teams are welcome to print copies for families.