

Antenatal Memory Making Before Delivery

When you know that your baby may die before or shortly after birth, you may want to create memories of your pregnancy and your baby before they are born.

There is no right or wrong way to do this. Some parents find memory making deeply comforting, while others may find it too painful. You can choose what feels right for you and you can change your mind at any time.

Memories you might consider

- ☐ Ask whether your baby's heartbeat can be recorded.
- ☐ Take photographs of your pregnancy bump.
- ☐ Take photographs with your partner, children or other important family members.
- ☐ Keep copies of your baby's ultrasound photographs.
- ☐ Ask whether an ultrasound recording can be made.
- ☐ Take a video of your baby's movements, if visible.
- ☐ Choose and use your baby's name.
- ☐ Write a letter to your baby.
- ☐ Record a voice message or lullaby for your baby.
- ☐ Start a memory box.
- ☐ Keep special pregnancy photographs or scan images.

- ☐ Choose a special blanket, outfit or other item for your baby.
- ☐ Ask your maternity team what memory-making options they provide.

Remember

You do not have to do any of these things.

You do not have to make decisions about everything at once.

You can ask your maternity team what is available and choose only the things that feel meaningful to you.

Your memories belong to you and there is no perfect way to remember your baby.