

## Saying a Special Goodbye

Saying hello & goodbye all at the same time is overwhelming & unfair. This guide is put together to help you consider some of the many memory making moments you can create with your baby. Many families have cherished the opportunity to spend this time with their baby ensuring they have been able to do everything that felt right for their family time together.

- Name your baby
- Hold your baby in your arms for cuddles and kisses for as long as you like
- Ask if the hospital has a Cuddle Cot
- You can keep your baby in the room with you for as long as you like
- Wrap your baby in a special blanket
- Take plenty of photos (with mum, dad, sisters, brothers, grandparents etc)
- Take close-up shots (of feet, hands, face)
- Take photos of your baby with a teddy or other special keepsakes given
- You might like to organise a professional photographer e.g Heartfelt- a free service across Australia
- Bath your baby, take photos and/or video footage during this time
- Dress your baby, take photos and/or video footage during this time
- Have ink prints taken of their hands & feet. There are also businesses like Twinkle Toes who take hand & foot sculptures.
- Wrap your baby or dress your baby in gifts that were given, and take a photo
- Go for a walk outside with your baby
- If hospital protocols allow, request to spend some time at home with your baby.
- Take videos and photos of the family together
- Have your baby blessed or hold a name ceremony.
- Read or sing to your baby
- Ask for special mementos of your baby to keep. e.g. tape measure used, lock of hair, cot name tag, baby's hospital band; don't be afraid to ask.
- Request a Bears Of Hope Keepsake booklet to record all the special details of your baby.
- Keep a special diary of your time in hospital - your thoughts, feelings, poetry, and even factual information.
- Ask for any ultrasound pictures that were taken
- Ask for medical records to keep
- Keep your hospital band
- Take photos of the flowers you receive
- Place some of the flowers around your baby and take photos
- Press and dry flowers to have as a keepsake

Further help sheets available online.

### Seek Support

**P:** 1300 11 HOPE

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### Contact Us:

**P:** 1300 11 BEAR

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