

Making memories

When someone dies, you often start to reminisce. Now all the memories still need to be made. It is important to do this so that you not only look back on the sadness but also on the beautiful and loving moments you had together.

It may sound complicated to make memories with a deceased child, but it doesn't have to be difficult. Here are some tips of things that are easy to do.

Getting a good look at your baby

You only have a short time to fully absorb your baby, so admire your baby on all sides. Talk about who he/she looks like and discover all the amazing wonders.

Holding your baby and/or letting others hold, cuddle and kiss your baby

You can hold your baby several times a day. If your baby is being cooled with a cooling mattress, it is wise to put your baby back on the cooling mattress after a while. With the water method, you can use the changing of the water to hold and cuddle your baby. People around you often like to hold your baby too. Some people find it scary at first. Give people the opportunity to get to know your baby. If you would like to give your baby a kiss, but find this a bit scary, you can choose to give a kiss on his hand or foot or through a piece of fabric of clothing or a cloth.

Also allow any older siblings, if they are willing and able, to stroke, cuddle and hold the baby.

Don't forget to take some nice photos and videos of this.

Naming your baby

Giving your baby a name makes it much easier to talk about him/her now and later. He/she will then immediately belong to you. Perhaps you have already chosen a name for your baby and want to give it to him. If you haven't chosen a name yet and now have to think of one, it can be difficult. You can also give your baby a beautiful (symbolic) name that you would not have chosen if your baby had lived.

"Call me by my name and I exist".



Dressing your baby or wrapping it in a nice cloth

Hold on to the moment when your baby is warm skin to skin with you for as long as possible. Once your baby has cooled down, that moment will never come again.

Afterwards, you can dress your baby if the condition of his skin allows it. If the skin is damaged, damp or sticky, do not do this. You can then lay your baby on the back of a disposable mat so that the plastic side is in contact with the skin. Then you can wrap him/her in a nice cloth.

Should your baby lose some fluid, it will remain on the plastic of the disposable mat and can be dabbed up several times a day with a tissue or kitchen roll.

If you choose the water method, you can bathe your baby with lukewarm water and a nice smelling bath oil or soap on the day of the farewell. Then you can rub your baby with baby oil and dress him/her up in a wrapped cloth.

Don't forget to take beautiful photos and videos of this.

Reading to your baby

Reading a book together; you must have been looking forward to it. But it is still possible. You may have been given beautiful books that you would like to read aloud.

Don't forget to take some nice pictures and videos of this

Putting your baby to bed with you

This is how it should have been. You wake up in the morning and first you take your baby to bed with you. If you like, you can still do that. So in the quiet of the morning or evening, you can take your baby between you to cuddle and admire him/her even more.

Don't forget to take some nice pictures and videos of this

Bathing your baby

You can bathe or shower your baby if his skin is not damaged. If your baby has fragile skin, and you want to bathe him/her, choose to do this on the last evening or the day of the funeral. You can then gently rub your baby in with baby oil and get him/her dressed.

If you have chosen the water method, you can also give your baby a bath. Only on the last evening or the day of the farewell, fill the tub with lukewarm water and a nice smelling bath oil or soap. Then you can gently rub your baby with baby oil and dress him/her up in a wrap.

Singing songs

Sing a song for your baby and make a video of it. You can find a special welcome and farewell song [here](#).

Making hand/foot/finger prints with ink

In many hospitals they make hand and footprints with ink. If this has not already been done, you can also make them yourself or ask the (specialist) funeral director or maternity nurse to help you with this.

Making hand/footprints with clay/bronze/3D

A print in 3D is even more real. There are several companies that make 3D molds. They make a mold of alginate from your baby's hand or foot. If your baby's skin is very vulnerable, this is not recommended. You can have them cast in various materials such as plaster or bronze. You can also have a 3D scan made, from which a 3D print can be made later. The scan does not come into contact with the baby, so this is also suitable for babies with a vulnerable skin.

Cut off a strand of hair

You can keep these hairs in a nice bag or box or have them incorporated into a piece of jewelry.

Taking photos and movies

Take photos and videos of everything you do. It is better to have 1,000 images that you never look at again than to miss something later on. Having these photos will help you in the beginning to come to terms with what has happened. It helps those around you to understand you better. By seeing photos and films, they too will be more aware that your child has really been there and therefore will always be. It helps the children who are already there to keep their memories alive. These will eventually fade as they get older. And it helps the children who will be born afterwards to get a good picture of the brother or sister who is much talked about but whom they have never seen in real life.

Walking with your baby (through your house, the baby's room, the garden or the neighborhood)

This may sound a little crazy and - of course it will look very different from the walks you had in mind - but it can be nice to take your baby for a walk around the house to show him/her where you live or to go outside and let him/her experience nature for a while. If you go beyond your own home or garden, be aware that you may meet people and they may be shocked to hear and see that your baby is no longer alive. You could ask someone to go with you to keep people at a distance. You could put your baby in a sling instead of a stroller so that it is less noticeable.

Create/select a birth announcement card

You might want to send the birth announcement card you picked out as it is. Often this is possible with some adjustments. You can also use a beautiful photo, the hand and footprints or a nice poem.

If you are holding a farewell service and want to mention it on the card, you need to hurry. In this case we advise you to use a so-called "funeral envelope". This way the cards will reach friends and family even faster. But you can also invite people digitally (via e-mail or Whatsapp) to the funeral service and think about the card afterwards, when there is no more time pressure.

After the funeral service, it is nice to be able to occupy yourself with your child again. The card also generates new attention and it is nice and helpful to receive many cards (or messages) again after the farewell.

[Here you can find several examples](#)

Make a souvenir booklet

You can ask people who come to visit you to write something down for you or your child in a beautiful remembrance booklet. You can also leave this book at the funeral so that the guests can continue to write in it. You can also stick echo-photos in it, the cards you received or the cards that were attached to the flowers.

Keep remembering

When the funeral is over, it seems as if no new memories can be added, but even then you can still be involved with your child. For example, by picking up the remembrance box and by holding and looking at the things that bring you close to your baby. Or by sharing photos and memories with the people around you.

