



Butterfly Run Ottawa

Being a bereaved parent is a path no one should walk alone

Supporting Ottawa and area families who have experienced infertility, a loss during pregnancy or the loss of an infant.

We're sorry that your circumstances have brought you here and that you require our services. We hope that this sheet will act as a guide for you during this difficult time.

Things To Think About

- Do you want to take maternity pictures prior to delivery? (many photographers will make themselves available on short notice as these are unforeseen circumstances)
- Are there any words you wish not to be used when referring to your baby? Make a list and inform your care providers.
- Do you have a name for your baby? If yes, tell your care providers so they can use it.
- The induction process can be long and painful, what do you need to stay comfortable?
- Who would you like to see your baby after birth? (intended siblings, grandparents, aunts, uncles or a certain friend?) Ask your community health partner about their visiting policy.
- Do you want a funeral home or faith based service? Do you want a burial or cremation? Some loss parents choose to do a celebration of life or birthday party after some time has passed.

Items to bring to your delivery

- Comfortable clothes for parents (the labour process isn't always quick)
- If choosing to have pictures taken, you may want to bring some nicer clothes for photos
- Postpartum wear for birthing partner (peri pads, breast pads, supportive bra, slippers, toiletries)
- Pain aiding materials (music, heat pad, tens machine etc)
- Baby outfits (hats, sleepers, booties, blanket, stuffed animal)

Memory Making

Many of us loss parents didn't take the opportunity to capture pictures or bring stuffed animals and blankets for our babies, and we struggle with this even many years later. We want to encourage you to think about any special items you may want to bring to the hospital for memory making once the baby is delivered. Here are a few of our suggestions.

- Baby outfit for pictures
- Baby blanket for pictures
- Stuffed animal for baby
- Gifts or items from older siblings to include in photos
- Footprint and handprints (the hospital will do this for you)
- If you have Now I Lay Me Down To Sleep (NILMDTS) services available to you, use them! You are able to have pictures taken and sent to an email where you do not have to look at them if you don't want to. (We promise you, when you are ready, you will be happy to have some pictures!) Many of us did not use this service and we still regret it today. If you do not have access to a NILMDTS photographer, please take the time to take some pictures or ask the nurses to do it for you, they would be delighted to help you create memories for your baby.
- Check out the Butterfly Run Ottawa's website for more memory making ideas

Bereavement Support Services

<https://rogerneilsonhouse.ca/wp-content/uploads/2022/11/Bereavement-Support-pamphlet-Oct.-31-2022.pdf>

- The Roger Neilson House (RNH) offers many services for families, including bereavement services for anyone who is experiencing or has experienced a pregnancy or infant loss.
- These services have helped many of us immensely and we highly encourage you to use them.
- Feel free to contact RNH anytime; prior to delivery, as well as after delivery.