

*Sharing • Healing • Inspiring • Nurturing • Enduring*  
**S.H.I.N.E.**

**PERINATAL PALLIATIVE CARE**

**Memory Making After Delivery**

**Ideas for making every moment count:**

- Hold baby.
- Provide skin-to-skin care.
- Have a special person cut baby's cord.
- Feed baby. Breast feed or use expressed milk/formula, if medically approved.
- Bathe and diaper your baby.
- Dress baby in a special outfit.
  - The maternity center has infant outfits if you choose not to bring one from home.
- Introduce baby to siblings, extended family members, or friends.
  - Child Life Specialists can help you prepare baby's siblings for a hospital visit.
- Participate in religious or cultural rituals (baptism, blessing, naming ceremony, etc).
  - Chaplains are available at the hospital or you may choose to invite your community's religious leader.
  - Ask chaplain or religious professional to provide a certificate.
- Take photographs or videos of baby with special family members or friends.
  - Utilize Now I Lay Me Down To Sleep (free family photographs) when your baby's life may be short.
- Make plaster molds of baby's hands and feet.
  - Supplies at the hospital include:
- Utilize My Passio to create necklace or bracelet pendant with your baby's fingerprint impression.
- Recite favorite poem, letters, or religious verse to baby.
- Read books to baby. You might want to choose your favorite childhood book or a special book you bought for your baby.
- Cut a lock of baby's hair for a keepsake.
- Create ink prints with baby's hands and feet.
  - Supplies at the hospital include:
  - Family's hands on top of each other in different colors
  - Baby's hands
  - Baby and Siblings' hands
  - Baby and Mother's hands, Baby and Father's hands
  - Baby's hand print as the bud of a flower
  - Baby's footprints as wings of a butterfly
  - Baby's hand and foot prints next to each other
  - Family may choose to write names, dates, favorite bible verse, or special saying on hand/foot print papers
  - Baby's prints in the inside cover of family's bible
- Take baby to a special place outside of the hospital room (outdoors, chapel), if medically approved.
- Sing or play music for baby.
- Have a birthday celebration.



**Blank Children's Hospital**  
UnityPoint Health

