

From the whole team at Bloss Riverina, we extend our deepest condolences to all families navigating the profound sorrow of losing a baby. We recognize the immense weight of grief that accompanies such a loss and understand the challenges of processing a multitude of information during this difficult time. To offer support in a clear, simple, and practical manner, we have designed this resources to be accessed at your own pace when you feel ready and able to absorb the information in a way that is most helpful to you.

Based on our own lived experiences of baby loss, the team at Bloss has put together some practical information that may be helpful to families who have experienced the loss of a baby. We recognise that grief is not that same for every parent and family, there this information is intended as suggestions to help families consider options that may be available to them during this difficult time.



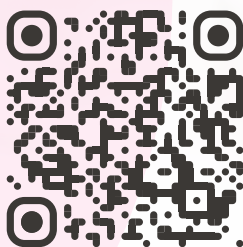
Keeping your baby's memory alive

It's so important to keep your baby's memory alive and to celebrate their birthdays and anniversaries. We have included some ideas to commemorate and remember your baby on these significant occasions:

- You could release a balloon or flower in honour of your baby.
- Plant and nurture a tree or plant, or you could create an area in your garden as a place to visit and reflect on your baby and your loss.
- Keep a journal, this can be a special way to connect to your baby by writing to them.
- Have a picnic at the cemetery or memorial place on your baby's birthday.
- Write birthday messages on balloons and release them.
- Visit your baby, talk, read or sing to them.
- Establish a peaceful space at home or find a special spot in a park or nearby area to sit and reflect on your baby.
- If you feel comfortable, you could place photos of your baby or an ultrasound image around the home, just like you would other siblings and family members.
- You can talk about your baby and make them part of your family life.
- Keep a memory box for anything that may be given to you, and to keep any special keepsakes, such as a lock of your baby's hair, or other special items safe.

We encourage families in the Riverina area who have been affected by baby loss to reach out to us through our self-referral service. A very quick online form containing your basic information that will take less than 2 mins to complete.

Bloss is here to walk alongside you on your journey of grief and to provide practical support and care during this challenging time. Please remember that you are never alone, and we are here for you, every step of the way.



We're here for you

Our goal is to provide support and create connections for families affected by baby loss.

Scan the QR code to visit our website for support services and resources.



bloss
riverina pregnancy
& baby loss

Offering support and a sense of community to Riverina families after the loss of their baby due to miscarriage, stillbirth, or neonatal death.

blossriverina.com.au

Things to Consider Doing Before Leaving the Hospital

- Swaddle or wrap your baby in a blanket and cuddle them for as long as you need.
- You can dress, bathe and care for your baby.
- Consider if you would like older siblings to spend time with and take a special picture with your baby?
- Capture moments through photos, such as hands and feet; consider taking family photos.
- Arrange for a special blessing for your baby by a religious representative.
- Invite your close family & loved ones to meet your baby, to create lasting memories, and share in your sense of pride of your beautiful little one.
- Create keepsakes like ink prints or ceramic moulds of your baby's hands and feet.
- Keep a lock of your baby's hair as a memento.
- Consider if you would like to transport your baby home from the hospital.

This is a precious, yet brief time with your beautiful baby, do not let anyone rush you during this time, freely communicate what you need and do what feels right to you.

Coming Home

- If you take your baby home, consider inviting your close friends and family to come and meet your baby.
- If you would like to, you can transport your baby home, rather than having a funeral director transport them.
- Sing and read to your baby, choose a special song or book that will always remind you of your precious baby.
- Sing and read to your baby, selecting a special song or book that will forever hold a place in your heart to remind you of your little one.
- Consider if you would like to purchase something for your baby to keep and take with them, or if you would like to purchase matching keepsakes for yourself, baby and/or siblings. (i.e matching bracelets, an angel necklace or a plush toy such as a teddy bear)
- During this period, remember to care for yourself and accept help and assistance from others.
- Consider if you would like to lay your baby to rest in the coffin yourself as a final farewell moment together.

Remember that men grieve differently to women, and they may internalise their grief to stay strong and support you during this time. Continue to talk to your partner and help them understand how you are feeling.

Saying Goodbye

When your baby has passed away unexpectedly, and you are tasked with organising a funeral during a period when you had anticipated celebrating their birth, the decisions ahead may feel overwhelming, especially with the added weight of grief and shock from the loss of your baby.

Close family and friends may feel they are helping by offering opinions and sometimes taking over decision-making on your behalf. While their suggestions and guidance may be useful and valued, it is important that they acknowledge that it is important for you to be involved in making as many of these decisions as you are able as they are all part of parenting and caring for your baby.

You may opt to limit access to your baby to only yourselves or immediate family members. This choice is personal, and it's vital to prioritise what feels right for you, your partner, and your family.

The funeral services can be a significant part of your grief journey, offering a chance to unite with loved ones to express your love and sorrow for your baby.

Saying goodbye to a baby at their funeral can be particularly difficult as you are saying goodbye to your baby, often before you have had a chance to say hello.

Every little life is precious, and we believe in honouring and remembering the significance of your baby's presence in your lives.



Funerals & Memorial Services

There is no one "correct" format for a funeral or memorial service and you may like to base your baby's service around your religious beliefs or cultural traditions. Below are also some suggestions you might like to think about incorporating into your baby's service:

- Include music that holds significance for you, like a special song played at the funeral, pre-recorded music, or live instrumental performances during the service.
- Place flowers or a cherished toy on top of your baby's casket.
- You may like to read a special poem or children's book, or a meaningful passage from a book.
- You could ask attendee's of the service to wear a particular colour clothing to the service
- You could think about incorporating ceremonial rituals such as lighting candles, releasing balloons or butterflies.
- Plant a tree, plant, or flower in honour of your baby.
- Consider filling the grave yourself, if permitted by cemetery regulations.
- Personal statements can be shared by you, a family member, or a close friend. While delivering a eulogy for your baby is challenging, you may want to reflect on the hopes, dreams, and plans you had as a family.
- Writing a letter to your baby to place in the casket can be a personal and therapeutic way to express your emotions.
- Include special items like photos, letters, or drawings from siblings.
- Siblings may want to select a special toy or keepsake to give to your baby for placement in the casket.

