



## Planning for Delivery

If you have not yet delivered your baby, take your time to develop a plan. You will have many tough decisions to make. Your healthcare team can help you with these decisions. Here are a few things to consider:

**Ask questions.** If you cannot immediately ask one of the healthcare team members, write them down so you can remember them later.

**Create a birth plan.** This will help let your healthcare providers know what is important to you. There are many stillbirth plans available online or you can use our ["Wishes for Our Birth"](#) visual birth plan.

### **Interact with your baby.**

- Spend as much time as you can with your baby.
- Give your baby a bath.
- Read a book to your baby.
- Ask your healthcare providers to help with handprints/footprints.
- Dress your baby.

**Take pictures.** Even if you don't think you will ever look at them, it's a good idea to have photos in case you change your mind one day. Ask your healthcare provider what options are available to you at your hospital or you can ask a trusted family member to capture these moments.

**Observe Traditions.** Rituals and traditions are one way to honor the memory of your baby.

- Naming baby
- Funerals/memorial services
- Baptism
- Blessing

**Create Keepsakes.** Keepsakes can provide valuable memories.

- Blankets/clothing the baby used.
- Lock of hair
- Handprints/footprints
- Journal about your baby or your thoughts and feelings
- Write a letter to your baby.



[www.butterflykissesalliance.org](http://www.butterflykissesalliance.org)

Email: [ButterflyKissesAlliance@gmail.com](mailto:ButterflyKissesAlliance@gmail.com)

PO Box 907

St. Peters, MO 63376

Registered Charity: Pending