

Information to help you following the loss of your baby



① For more information, please contact:

Bereavement Services

York Hospital, Wigginton Road, York, YO31 8HE
Telephone: 01904 725445

Scarborough Hospital, Woodlands Drive,
Scarborough, YO12 6QL
Telephone: 01723 385178

The hospital staff wish to express their sincere sympathy to you at this time.

This booklet aims to provide some practical help and advice during the early days of your bereavement.

Please don't hesitate to ask questions if you are unclear about any matter, our Staff will always be pleased to help.

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Introduction

We would like to express the sympathy of all the staff on the loss of your baby. At this time, you may find it difficult to take in the many things that may be said to you.

The loss of your baby, whether during pregnancy, labour, or after birth, is a time of great anxiety and distress for you, your partner, other children, your family and friends.

The aim of booklet is to give you important information and advice so you can make informed choices without feeling too overwhelmed by the decisions you have to make.

Grief

Everybody reacts in different ways to losing a baby. Apart from differences in personality, there are a variety of circumstances, cultures and beliefs, which will influence the way you react to grief.

It is likely that you will feel numbed, angry and emotionally confused. Although difficult to understand, these emotions are quite normal. Grieving varies greatly from person to person and there are no set time limits dictating how long the pain will last.

Taking time

Taking time to think about what you want for your baby is important - go at your own pace. Only the registration of a baby, who was born alive and died later, needs to be completed quickly (within five working days). All babies born following the 24th week of pregnancy will need to be registered.

In the time following the death, you will be offered the opportunity of spending time with your baby. You may wish for the baby to stay with you while you are in hospital. Some parents wish to see and hold their baby straight away, some choose not to. It is important to remember that you have a choice and the staff caring for you will support you in your decision.

Once your baby has left the Delivery Suite or the Neonatal Unit, arrangements can be made for your baby to be taken to a private room within the Mortuary for you and your family to see again if you wish. This can be arranged after you have left hospital by contacting the Mortuary Department between 8am and 4pm Monday-Friday.

York Mortuary: 01904 726803

Scarborough Mortuary:
01723 342213



York Mortuary



Scarborough Mortuary

If you would like to view your baby at the weekend you will need to contact the hospital switchboard and ask for the mortuary technician on call at York or the porters at Scarborough.

York Hospital Switchboard:	01904 631313
Scarborough Hospital Switchboard:	01723 368111

Take your time and discuss the options with your partner/family before deciding what arrangements you wish to make. Your midwife, bereavement officer or funeral director will do everything to support any decisions you make and, please feel free to ask any questions you may have. All families have different wishes, exploring any ideas for example taking your baby home, dressing your baby in a special outfit or deciding on items to remain with your baby.

Photographs

The midwife or nurse caring for you will suggest taking photographs of your baby, if possible, although photographs are never taken without parental consent.

We will offer to take photographs for you, or you may wish to bring in your own camera to take additional photographs of your baby.

Remember My Baby



Depending on your baby's gestation and the availability of the photographer it may be possible for your midwife to contact a member of the 'Remember My Baby' team to come take some photographs of you and your baby.

'Remember My Baby' (RMB) is a non-profit registered charity created by professional photographers for the Benefit of bereaved parents across the UK.

Remember My Baby offers a free gift of baby remembrance photography to parents suffering the loss of a baby before, during or shortly after birth.

By offering sensitive and beautiful remembrance photography they hope that the small gift that they can provide to families will bring some comfort in the days, months and many, many years to come. It can also help parents with the grief and healing process.

Photographs are one of the most tangible mementos that parents can have. These portraits will honour a tiny life that is always loved and cherished and never forgotten.

Please feel free to have a look at the 'Remember My Baby' book that is on the shelf in the Butterfly Suite at York Hospital and in the Snowdrop Suite at Scarborough Hospital. In this book you can view examples of photographs that have been taken by photographers from the team across the UK.

You can contact Remember My Baby directly on free phone number 0808 189 2345 or visit their website www.remembermybaby.org.uk

Lock of hair

If possible, a lock of hair can be obtained from your baby and this might give some comfort if placed in a locket or just kept in a special place.

If you do not wish to have your baby's haircut, please tell the midwife or nurse and your wishes will be respected.

Naming or blessing your baby

Naming can be very important, even for very small babies. Choosing a name is one way of doing something positive for your baby. It helps to give focus and identity to thoughts and feelings about your baby.

It may not be possible to tell the sex of very tiny babies, but you may want to choose a name suitable for either sex.

Some people find it comforting to have a brief ceremony for naming or blessing their baby. The hospital Chaplaincy can support you in this. If you would like us to arrange a naming or blessing service for your baby, the midwife or nurse will contact the Chaplaincy Department or another appropriate person.

Spiritual care

People have different needs following the loss of a baby.

The Hospital Chaplaincy Service is a Multi-faith Department whose role is to provide pastoral, spiritual and religious care for parents and their relatives.

Hospital staff can contact the chaplaincy for you if you wish to speak to somebody.

The Chaplaincy Service can be contacted on:

York: 01904 725579

Scarborough: 01723 342500

Creating memories

The midwife caring for you in labour, or the nurse caring for your baby on the Neonatal Unit, will be aware of your distress and understand that you may feel you do not want physical memories relating to your baby, but it has been found that some parents are pleased to have these later.

These may include photographs, ink hand and footprints, identification bracelet and/or a lock of hair, which can be presented together in a special memento pack.

In addition to this you may be offered a special memento box which has other additional ideas for you to create further memories of your baby if you wish.

You can decline any or all mementos if you wish that are offered to you.



Bereavement Midwife Support

The Bereavement Midwife team are based within the Bereavement Services Department.

Parents sometimes have questions and benefit from talking to someone else about the death of their baby. Following your discharge from hospital a midwife will contact you via phone and send a support letter to you and offer this service. However, they will happily see anyone affected by the death of a baby including parents who have had their care transferred to a different hospital.

The midwife team can also give you advice, information and can signpost you to find on-going support from a variety of voluntary organisations.

You can arrange to see/speak to a midwife at any stage following your bereavement as this service is always open to you no matter how long ago your baby died.

You may want to contact them during another pregnancy for extra support.

If you would like to access this service, please email yhs-tr.bereavement.midwives@nhs.net and leave a message. They will contact you on their next working day.

Post-mortem examination

It may be recommended that a post-mortem examination be carried out on your baby. This is an examination of the baby's body and internal organs in close detail, to try to understand more clearly what happened. Your written consent will be needed if this were to occur following an in-depth discussion.

It can be very difficult and distressing to think of such an examination, but sometimes a post-mortem is the only way to provide information which may help you to understand what (if anything) was wrong with your baby. Post-mortem examination is helpful to confirm antenatal diagnosis such as abnormalities seen on scans, especially if you had your pregnancy terminated because of abnormalities. The post-mortem will normally be carried out at Leeds Hospital and your baby will usually be back in the care of York Hospital within 14 days. During this time, you will be able to visit your baby in Leeds by appointment.

Coroner post-mortem examination

Under some circumstances a Death Certificate cannot be issued by a doctor and the Coroner will need to be informed of a baby's death. If the Coroner decides a post-mortem is necessary it can be done without your consent and will take place at another hospital. The coroner's officer will keep you informed throughout. It may be possible to arrange to visit your baby, this will be following guidance from the coroner's officer looking after you.

In both cases the procedure will be carried out by a paediatric pathologist. A funeral director appointed by the coroner will transfer your baby into the care of the hospital, your appointed funeral director will take your baby into their care once informed by the coroner to do so.

How Long Before the Results Are Available?

Usually, the full results will be available in 16-18 weeks, however sometimes it takes longer. If your baby is having a Coroner's post-mortem then the results will take longer. This delay is due to the detailed examinations and investigations that are necessary.

However, post-mortems do not always provide a definite cause of death.

Feel free to discuss this with your Bereavement Midwife if you would like to know more information regarding this.

Introduction to Bereavement Services

Bereavement Services are available to offer practical support regarding the registration of your baby (if applicable) and the provision of funeral arrangements, if you wish.

Once you feel able to, we invite you to contact the Bereavement Officers within the department to discuss the next steps for you and your partner/family and the options that are available to you.

The Bereavement Officers will arrange a suitable time for you to visit the Bereavement Suite to start to discuss plans you may wish to make for your baby.

Alternatively, we are more than happy to have this conversation over the telephone, if you would find this more convenient.

Our offices are open Monday to Friday (excluding Bank holidays) 8.30am to 4.30pm. Our York contact telephone number is 01904 725445 and our Scarborough contact telephone number is 01723 385178.

We encourage you to ask questions, even if they seem trivial at the time. If the midwives or nurses cannot answer your questions, the Bereavement Officers or the Chaplaincy Department may be able to.

Help and support is always available at this very difficult time.

You may also find our website useful: www.york.nhs.uk

Look for Bereavement Services in the A to Z of services under the “Services” heading from the homepage.

There is a special section called ‘The loss of a child’ which may also be helpful.



York Bereavement Suite

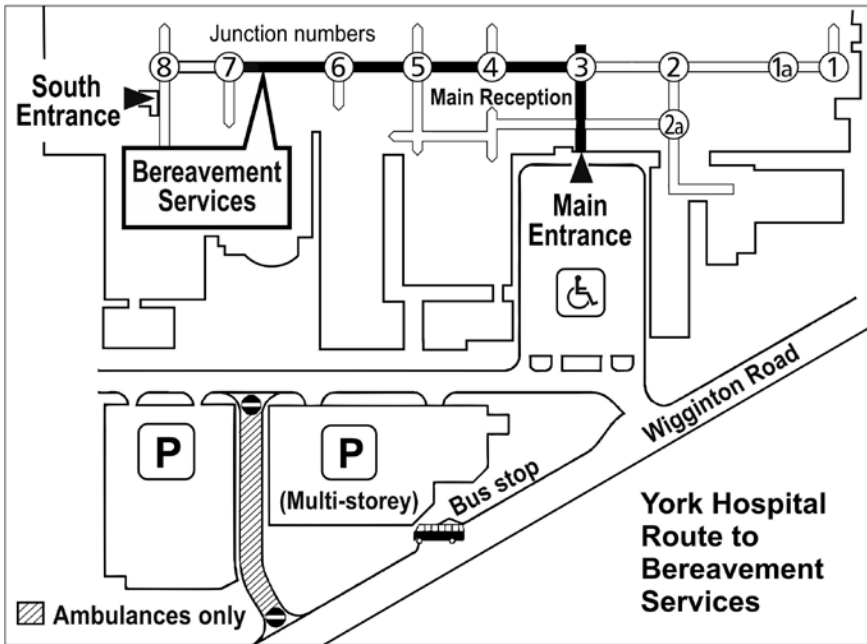


Scarborough Bereavement Suite

How to get to Bereavement Services

York Hospital Plan

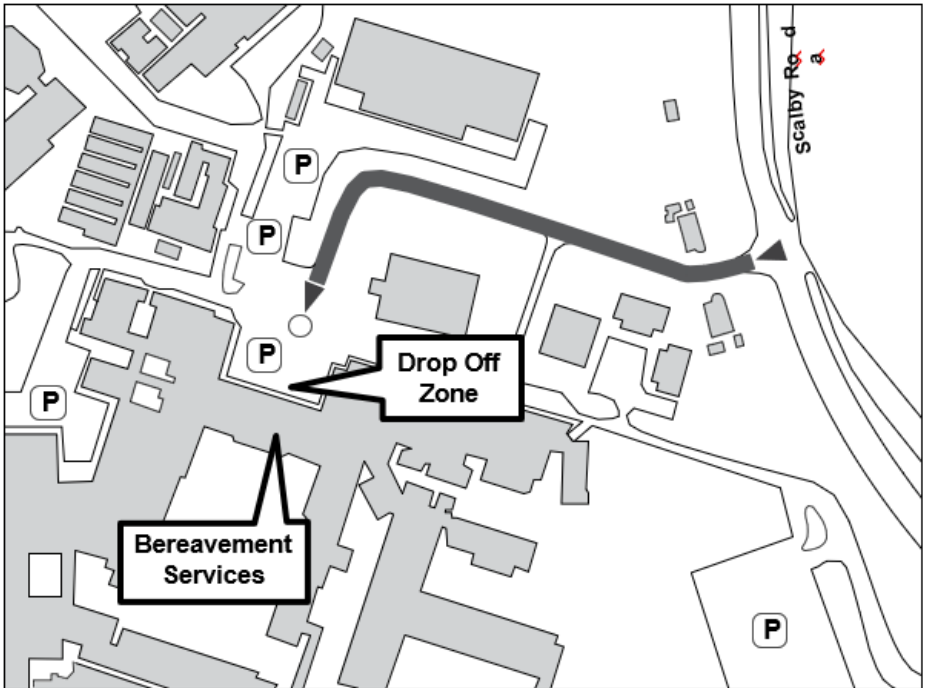
Parking is available in the multi-storey car park at the front of the hospital site. Parking spaces for disabled visitors are available at the main entrance of the hospital.



How to get to Bereavement Services

Scarborough Hospital Plan

Parking is available in the visitor's car park. Parking spaces for disabled visitors are available at the main entrance of the hospital. Please arrive at North Entrance and turn left. The bereavement room is on the left.



Registration of birth/death

In England and Wales all births, stillbirths and deaths have to be registered by the Registrar of Births and Deaths.

Registration must be completed before a baby can be buried or cremated if he/she was born alive and then died or was stillborn after the 24th week of pregnancy.

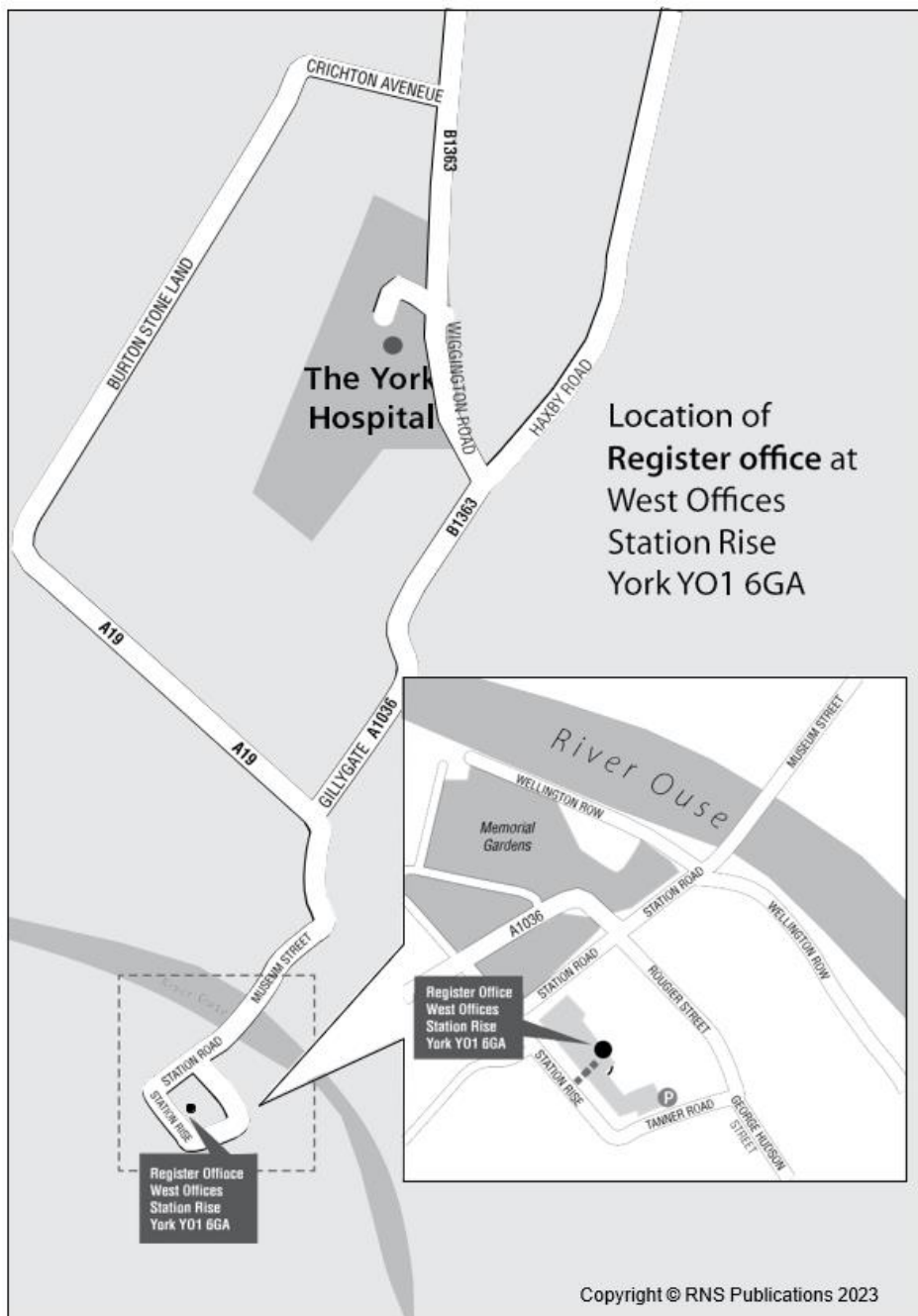
There is no legal requirement to register your baby if he/she was not born alive before the 24th week of pregnancy.

Registering a stillbirth

The midwife or doctor who attended the delivery of your baby will complete a Medical Certificate Of Stillbirth, which will be forwarded to the register office by Bereavement Services.

You will need to register your baby's death within 42 days of the delivery, this is required before a funeral can take place. Upon registration you will be issued with a white certificate, to hand to the funeral director or Bereavement Officer.

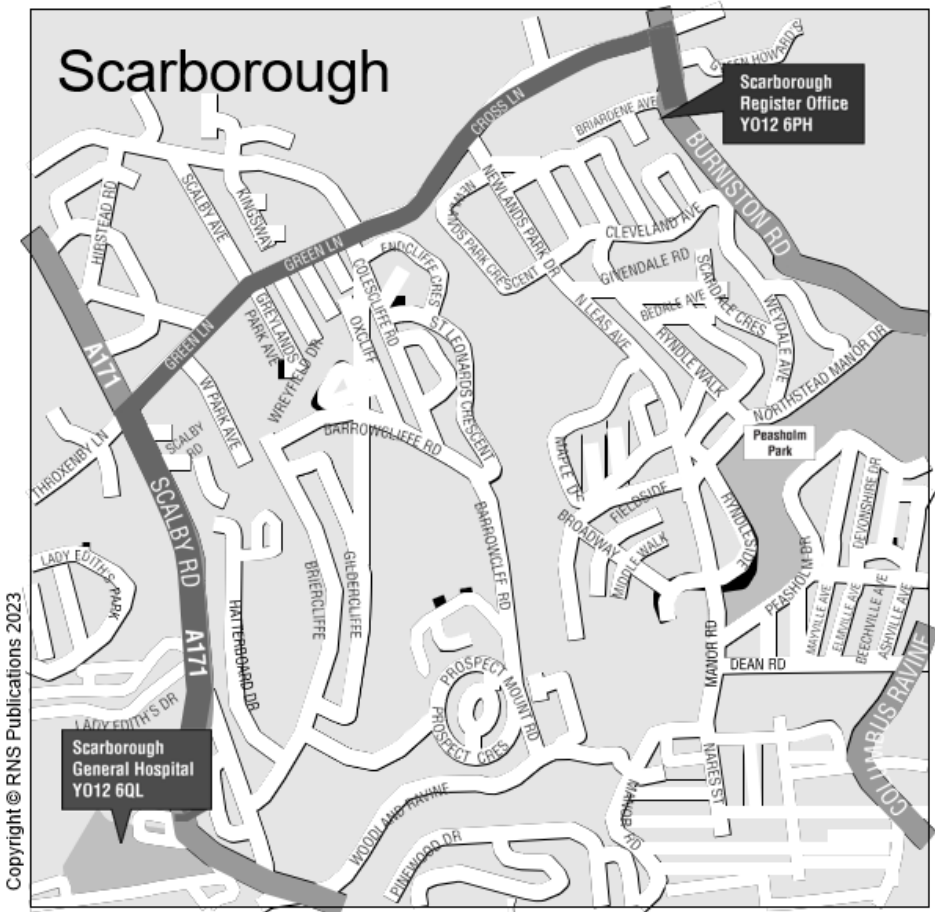
If your baby died in York, the Register Office will be given your name and contact number and will contact you to make an appointment to register. This will take place at West Offices, Station Rise, York, YO1 6GA



An appointment will need to be made for you to attend Scarborough Register office

Telephone: 01609 780780 at Scarborough Register Office
Burniston Road Scarborough
YO12 6PH

Place holder for RNS map of Scarborough showing hospital and register office sites



The Registrar will ask for:

1. The mother's name, address, occupation, place of birth and any other names that the mother might have used, including maiden name if applicable.
2. The father's/2nd parent's name, address, occupation, date and place of birth.
3. The date and place of your baby's delivery as well as your baby's sex.

The Registrar will enter your baby's name in a stillbirth register. You can have your baby's name(s) entered if you wish, as well the surname, so you may want to give some thought to names for your baby before registering.

The mother or father may register their stillborn baby or baby's birth alone when they are married to each other.

Parents who are not married to each other have to see the Registrar together if they want to have the father's name entered in the birth or stillbirth register. If you wish, the Registrar will give you, free of charge, a special Stillbirth Certificate for you to keep. This too can show your baby's full name.

A full Stillbirth Certificate is also available to the parents at the time of registration, showing the parents' details as well as the baby's details, but a fee is charged for the full certificate.

Registering a neonatal death

For babies who die after birth, even if they only live for a very short time, both birth and death must be registered. The midwife or doctor who attended your baby will complete a Medical Certificate Of Death, which will be forwarded to the register office by Bereavement Services, along with your contact details. **York Register Office** will contact you to make an appointment within five working days.

The Registrar will ask for:

1. The mother's name and occupation.
2. The father's name and occupation.
3. The date of your baby's delivery.
4. Your baby's name.
5. The date of your baby's death (shown on the Medical Certificate of Death).

When registering the death, the Registrar will record your baby's first name(s) as well as the surname, so you may want to give some thought to names for your baby before registering.

The Registrar will give you a green certificate after the registration (a Certificate for Burial or Cremation). This is free of charge. It is needed before a funeral can take place and you should give it either to your funeral director or to the hospital if they are arranging the funeral.

A white certificate is also issued free of charge to notify the Social Fund, part of the Department of Work and Pensions.

Registration in Coroner's cases

In a few cases, the Coroner's Office is informed of a baby's death because the doctor is unable to issue a death certificate.

You will be informed at the hospital, by the doctor or midwife, if the Coroner is to be involved. The Coroner will issue a special certificate to enable registration and the funeral to take place.

Special registration for urgent burial

Some parents, for religious or cultural reasons, may want to have their baby buried as quickly as possible. If the death occurs near a bank holiday or a weekend the local Registrar will be able to issue a Certificate of Burial to allow this to go ahead, provided the death is not reported to the Coroner and the baby is not to be cremated.

Bereavement Services Officers will give you more information.

Funerals

Your baby's funeral can be a way of moving on a little, or perhaps marking the end of the first stage of grieving. For others in your family it can be a way of acknowledging your baby's death as well as their own grief. It is important that you take your time and choose what is right for you and your family.

Bereavement Services staff and the Chaplaincy Team will be available to offer you information, support and guidance that you will need to help make your choices. It is likely that you will meet with a Bereavement Officer while you are on the delivery ward to discuss what happens next. If this is not possible or is too soon for you, then you will be contacted or you can contact the Bereavement Officers by telephone once you have gone home.

By law, all live-born or stillborn babies that are born after 24 weeks of pregnancy must have a formal funeral. York and Scarborough Hospital bereavement services offers funerals for bereaved parents whose baby died following the 14th week of pregnancy.

Funeral Options

You will need to decide whether you want your baby to be buried or cremated and you can discuss these options with the Bereavement Officer who will be able to answer any questions you may have.

It is important that you are aware of all of your options and what is involved so that you can make the right decision for you and your baby.

The Bereavement Officer can help you to organise your baby's funeral, they will discuss your wishes for your baby and liaise with the funeral director on your behalf or should you wish you can make the arrangements privately with a funeral director of your choice, or you can make arrangements completely independently.

Cremation

Depending where your baby was born the cremation will take place at either York or Scarborough Crematorium.

Should you choose to do so, a service can be conducted within the chapels at the crematorium, either utilising the Hospital chaplain or your own Minister, this can be discussed and explored with the bereavement officer guiding you through this difficult time.

It is important that you are aware that due to your baby being small there is a small possibility that there will be no ashes following baby's cremation. The Bereavement Officer will discuss this with you and can answer any questions or address any concerns you have about this.

Burials

If you would like to bury your baby then the Bereavement Officer can help to support you in making the decision as where you would like this to take place.

If your baby was born at York Hospital then the main cemetery is Fulford Cemetery. You will have the option of burying your baby in the communal baby grave or purchasing a private plot for your baby.

There are other small cemeteries around the York area that you may wish to consider when choosing where you would like your baby to be buried. You can discuss this with the Bereavement Officer who can make enquiries for you.

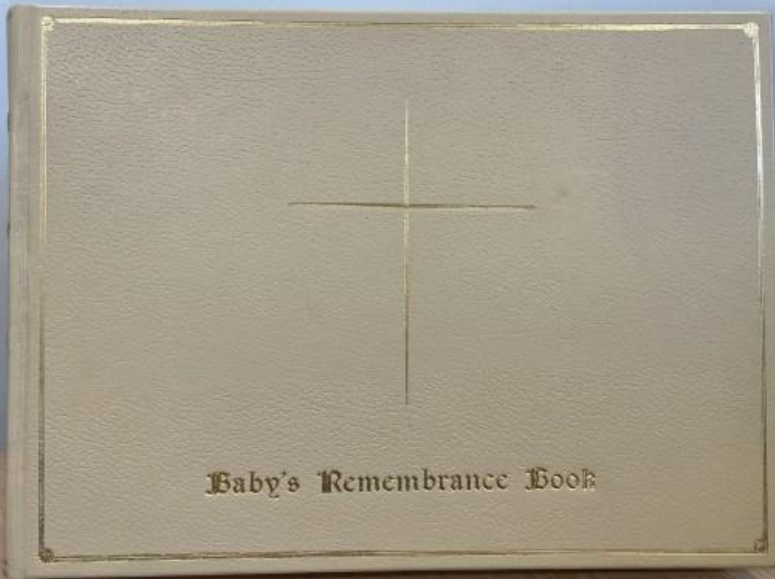
If your baby was born at Scarborough Hospital then your baby will be buried in a private plot in the Cemetery at Woodlands Crematorium.

Baby Book of Remembrance

This is kept in the Chapel where you are able to visit as often as you would like to view the entry made for your baby.

The Bereavement Officers will ask you if you would like to have your baby's name and date of birth included. This is entirely optional.

If you would like to write anything special to your baby then another book is provided for you to do so.



The Annual Remembrance Service

A remembrance service is held annually at the Chapel of Christ the Healer at York Hospital, which is located along the main corridor. It is always held on Mothering Sunday at 10.30am (so the actual date changes every year).

You can light a candle in memory of your baby and leave a message on the prayer tree as shown on the right. Parents receive a formal invite for the first year following their baby's death only but are welcome to attend any year or every year if they wish. Please tell staff if you do not wish to receive an invitation the service.



At Scarborough Hospital a Remembrance Service at St Luke's Church, Woodlands Drive usually takes place on the third Wednesday in June. You will be sent an invitation to the service in the first year of your loss. Thereafter, you can contact the Bereavement Officer at Scarborough for details of the date of the service.

A Garden of Remembrance

There may be a local Garden of Remembrance where you may like to plant a tree or shrub to remind you of your baby. You can choose a plant which flowers or blossoms around the time of your baby's anniversary

Stillbirth and Neonatal Death Society Teardrop Stickers



This sticker is placed on the outside of the mother's maternity notes to identify that she has lost her baby. This ensures that everyone who comes into contact with the bereaved mother is aware of her loss and prevents insensitive questions being asked, especially in subsequent pregnancies.

The sticker is not placed on your general medical notes, so when attending other departments the staff will be unaware of your maternity history.

Your feedback on our service is important to us

We are very sorry for the loss of your baby and appreciate that this is a difficult time for you.

Following your time under maternity services we would like to offer you an opportunity to give us feedback about your experiences of care.

In order to do this a national questionnaire has been developed with the assistance from bereaved parents to capture your feedback on the service you received. When you receive a letter from the Bereavement Midwife, they will include the questionnaire. When you feel ready to offer your feedback the questionnaire can be returned back to the Bereavement Service Department at any opportunity. It will include a stamped address envelope so there will be no cost to you.

This questionnaire will be anonymous unless you would like discuss your feedback in person or like an acknowledgement and feedback from your comments. By actively gathering feedback from you, this will help services to work together with bereaved parents and families to improve patient experience and care of other parents and their families in the future.

You can of course offer us feedback at any time by your own chosen method.

Further advice and support

Stillbirth and Neonatal Death Society (SANDS)

A self-help organisation for families whose baby has died.

www.sands.org.uk

Helpline: 0808 164 3332

Miscarriage Association

A national organisation set up by parents who have been through the pain of miscarriage.

www.miscarriageassociation.org.uk

Helpline: 01924 200799

Twins Trust

Bereavement Support Group

For parents who have lost one or both twins or more from multiple birth.

www.twinstrust.org

Helpline: 01252 332344

Antenatal Results and Choices (ARC)

An organisation that offers support and advice to women and their families before and after elected termination.

www.arc-uk.org

Helpline: 0207 713 7486

BLISS the premature baby charity

Support, advice and information for families of babies in intensive care and special care, including bereaved families.

www.bliss.org.uk

Edward's Trust Sunrise

Supports children and families through serious illness and bereavement.

www.edwardstrust.org.uk

Telephone: 0121 454 1705

Cruse Bereavement Care

An organisation to enable anyone bereaved by death to understand their grief and cope with their loss.

www.cruse.org.uk

Helpline: 0870 1671677

For young people 12-18 years 0800 808 1677

The Child Bereavement Charity

The charity provides support and information to all affected by the death of a baby or child.

www.childbereavementuk.org

Helpline: 0800 02 888 40 or 01494 568900

Email: support@childbereavementuk.org

British Association for Counselling and Psychotherapy (BACP)

Help and advice finding an accredited counsellor in your area.

Telephone: 01455 883300

Department of Work and Pensions

Provides benefits and services for a wide range of people.

Telephone: 0800 055 6688

Benefits Advice

If you are receiving benefits and need financial support for your baby's funeral please ask for an SF200 form from your funeral director or local job centre.

Useful contacts

York Register Office

West Offices

Station Rise

York YO1 6GA

01904 654477

Scarborough Register Office

North Cliffe House

69 Burniston Road

Scarborough YO12 6PH

01609 780780

Contacting the hospital

Hospital Switchboard:

York: 01904 631313

Scarborough: 01723 368111

Chaplaincy Services:

York: 01904 725579 or 725678

Scarborough: 01723 342500

Bereavement Services:

York: 01904 725445

Scarborough: 01723 385178

Bereavement Midwife Team

Email: yhs-tr.bereavement.midwives@nhs.net

Delivery ward:

York: 01904 726004

Scarborough: 01723 342124

Mortuary:

York: 01904 726803

Scarborough: 01723 342213

Patient Advice and Liaison Service (PALS):

01904 726262

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Bereavement Services, York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 725445 or email yhs-tr.bereavementservices.york@nhs.net

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: yhs-tr.FacilitiesmanagementHelpdesk@nhs.net

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