

# Baby Journal

FOR YOUR BABY WHO HAS DIED







# Memories of my Baby



MY BABY'S NAME: .....

When I found out I was expecting you: .....

How long it took me to get pregnant on you: .....

The day and date that I took a pregnancy test: .....

Your due date: .....

Who I told that I was expecting you, and how they reacted:

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Things that I did to prepare for your arrival:

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Other memories that I have:

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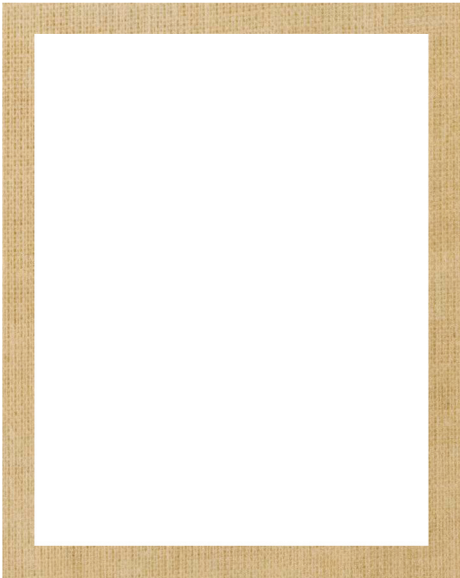
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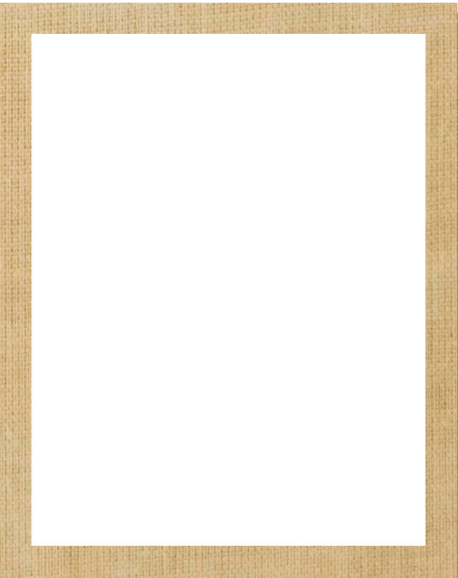
# My pregnancy with you



Here is a picture of me whilst pregnant with you:



Here is an ultrasound image of you:



Names that I liked: .....

Why I chose your name: .....

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The meaning of your name: .....

.....

Other memories of my pregnancy with you: .....

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[illegible]



*Your arrival:*

Date of your birth: .....

Time of your birth: .....

Where you were born: .....

Your weight / gestation: .....

Your hair colour: .....

Your doctors and midwives' names: .....

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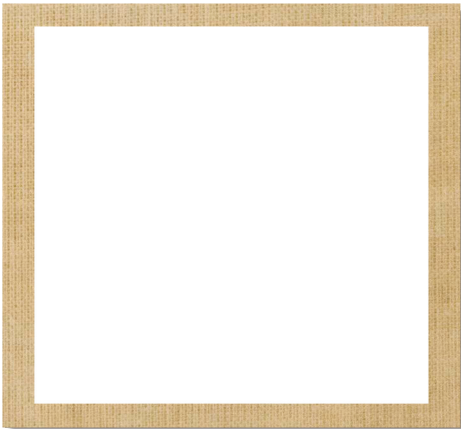
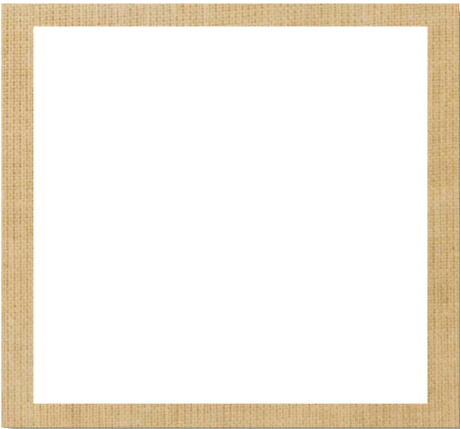
People who came to visit you: .....

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Photos of you when you arrived:





Who you looked like: .....

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Time of your birth: .....

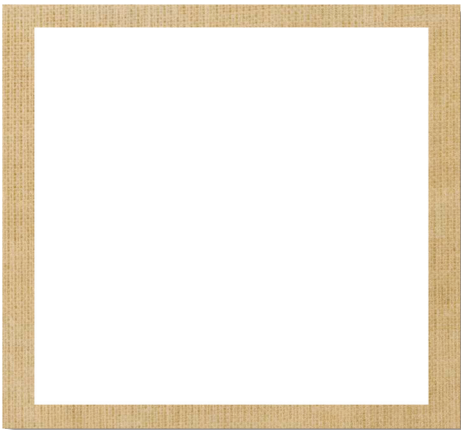
What activities we did with you (such as reading to you, singing to you, dressing you, bathing you):

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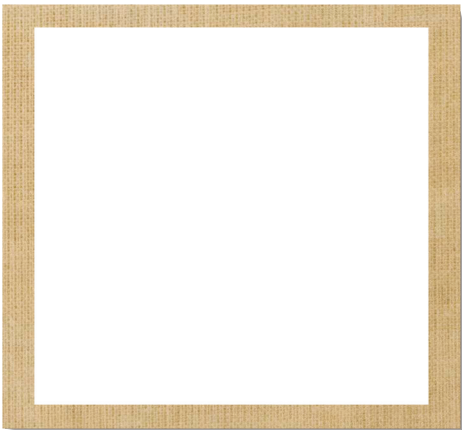
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Your handprints:



Your footprints:



Details of other precious keepsakes that I have kept:

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*Why you died:*

Details of why you died: .....

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When I found out you had died: .....

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Choices we were given and had to make: .....

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*When you died:*

Date of your death: .....

Time of your death: .....

Place of your death: .....

Our last moments with you: .....

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Where I was: .....

How we found out you had died: .....

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How I felt after your passing: .....

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Other memories about the day of your death: .....

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*Your funeral:*

Date of your funeral: .....

Where your funeral was held: .....

Who conducted the funeral: .....

What music was played: .....

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What poems / readings were read and who read them:

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Who attended your funeral: .....

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Who dropped by to see you: .....

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What was the weather like: .....



What I dressed you in: .....

What I / we wore: .....

Items placed in your coffin: .....

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What happened on the day of your funeral (give a description of the day):

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[illegible]



# Ways that I remember you:

When I put away your things: .....

Where I put them: .....

How I coped after your death: .....

Special things that I do to include and remember you: .....

Things that I do on your anniversary: .....

Things that I do on your birthday: .....

Things I do on special days in your memory: .....

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Things that remind me of you: .....

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Occasions that I miss you the most are: .....

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Ways that you have changed me: .....

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Any other ways you are remembered: .....

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*A letter to your baby:*





Irish Neonatal Health Alliance



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[www.inha.ie](http://www.inha.ie)



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