Baby Journal

FOR YOUR BABY WHO HAS DIED





We hope that you, as a bereaved parent, can use this journal to write down details about your baby so that all your memories about them are in one special place.

This journal can be used by parents of babies who have died through miscarriage, stillbirth and neonatal death. Parents can complete the parts relevant to their baby and that they feel comfortable completing.



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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My pregnancy with you



Here is a picture of me whilst pregnant with you:



Here is an ultrasound image of you:

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| Names that I liked: | | |
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| 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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Gifts that we received for you:

| Give details of the gifts that you received for your baby: | ************************************** |
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Your arrival:

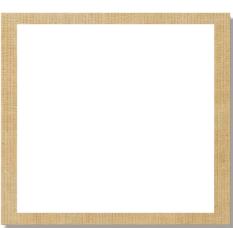
Your doctors and midwives' names:

People who came to visit you:

| | A. |
|------------------------------------|----|
| Your arrival: Date of your birth: | |
| Date of your birth: | |
| Time of your birth: | |
| Where you were born: | |
| Your weight / gestation: | |
| Your hair colour: | |

Photos of you when you arrived:





| Who you looked like: | |
|--|---|
| Time of your birth: | |
| What activities we did with you (such as re you, bathing you): | eading to you, singing to you, dressing |
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| Your handprints: | Your footprints: |
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| Details of other precious keepsakes that I | have kept: |
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| My you died: | |
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| Details of why you died: | 40,00 |
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| When I found out you had died: | |
| when i round out you had died: | |
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| Choices we were given and had to make: | |
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When you died:

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| Date of your death: | |
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| 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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| | ••••• |
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| How I felt after your passing: | |
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| | ••••• |
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| Other memories about the day of your death: | |
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Your funeral:

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| Date of your funeral: | |
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| 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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| | ••••• |
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| Who dropped by to see you: | ••••• |
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| What was the weather like: | |
| Wilat was tile weather like. | • |

| What I dressed you in: |
|---|
| What I / we wore: |
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| 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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| 'Your burial / cremation: | |
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| If your baby had been buried, where are they buried and who is buried beside them? | d |
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| If your baby was cremated, where were they cremated and where are baby's ashes? | your |
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| Who sent you a sympathy card: | |
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Ways that I remember you:

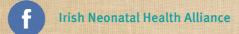
| When I put away your things: | |
|---|---|
| Where I put them: | |
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| How I coped after your death: | |
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| | *************************************** |
| Special things that I do to include and remember you: | *************************************** |
| Special tillings that i do to include and remember you. | |
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| Things that I do on your anniversary: | |
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| Things that I do on your birthday: | |
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| 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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| Mays that you have changed me. |
| Nays that you have changed me: |
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| Any other ways you are remembered: |
| my other mays you are remembered. |
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A letter to your baby:













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