

After your stillbirth: Parent's checklist

These are options for you and your family to consider after the loss of your baby.

- Spend time with your baby and take part in any activities you wish to create memories with your baby like diapering, bathing, and creating keepsakes and taking photos.
- Choose a name for your baby.
- Let the healthcare team know your wishes about autopsy for your baby and who will pick up your baby.
- Obtain a burial permit from the hospital if you wish to take your baby with you.
- Ask for help from family, as needed, to let others know of your loss.
- Choose a funeral service provider for support.
- Make funeral or memorial service arrangements.
- Consider invitations to family or friends for a funeral or memorial service, or send a card to friends and family members recognizing your baby's life.
- Book an appointment with your doctor to review any autopsy results.
- Visit your family doctor for a follow-up health appointment and to review any lab reports for yourself.
- Arrange for rides to health appointments.
- Call Health Link at 811 for information on pain management, breast milk, or other health concerns.
- Notify your workplace about time away from work and fill out any paperwork that's needed. Look into your benefits plan for coverage as well.
- Talk with your employer or Service Canada to see if you are eligible for maternity leave.
- Cancel any prenatal classes, or upcoming appointments that you no longer need.
- Cancel your subscription with any baby product companies you may have registered with.
- Cancel any furniture or other baby equipment orders and deliveries.
- Attend a parent support group or arrange for counselling.
- Visit [Pregnancy and Infant Loss – Grief Support](#) for more resources. You can also call Health Link at 811 for advice from a registered nurse any time, day or night.