

What Happens Now?

Practical advice and guidance following an early neonatal death



The death of a baby is a devastating experience. The effects of grief can be overwhelming and it can be hard to take in information, to make decisions or to imagine how you are going to cope. Often parents feel overwhelmed and frightened by the intensity of their emotional and physical pain. This information leaflet is designed to answer any questions that you may have. Following the loss of your baby, the staff caring for you will support you in making the decisions that are right for you, your baby and your family. If anything is unclear, please do not hesitate to ask a member of staff caring for you.

What is an early neonatal death?

A neonatal death is the death of a baby who was born alive and dies within the first 28 days of life. If the baby dies in the 1st 7 days after he or she was born, it is known as an early neonatal death.

Why does an early neonatal death happen?

The biggest reason why a baby dies soon after birth is because he or she was born very early. Other reasons include infections or abnormalities in the baby, babies who are born very small and problems which develop during the pregnancy, labour or birth.

Following the birth, you may be offered investigations to find out why this has happened to you. These can include simple blood tests and swabs, investigations on the placenta (afterbirth), genetic testing on the baby and if you wish, a post-mortem examination. You can choose to have as many or as few tests as you wish. If you wish your baby to have a post-mortem examination, this will be performed at Manchester Children's Hospital and a specially trained midwife or senior doctor will discuss this with you during your stay.

What about my stay in hospital?

You will be cared for on the Labour Ward at Calderdale Royal hospital. The staff caring for you and your family understand that this is a difficult time and are there to support and care for you and answer any questions that you may have. Family members and friends are welcome to visit you during your stay and your partner is welcome to stay, to support and comfort you. Facilities are available to make hot drinks and for someone to stay with you overnight. We have special cooling mattresses available which enables your baby to remain with you for the entirety of your stay.

What will I need during my hospital stay?

It is difficult to predict how long your stay in hospital will be and it will usually depend on your physical wellbeing and how you feel after the birth. Some families wish to go home a few hours after their baby is born while others prefer to be with their baby for a few days. We suggest that you bring an overnight bag with toiletries, nightie or pyjamas, a change of clothes and plenty of underwear and sanitary towels. You may wish to bring something to read, some light snacks and drinks and a camera or mobile phone if you want to take your own photographs of your baby. If you have any clothes, blankets or special items which you want to leave with your baby, you are encouraged to bring these, although we have lots of tiny clothes, hats and blankets which you are welcome to have.

Can I see/hold/touch my baby?

The staff caring for you will support you to see, touch and hold your baby if you want to and take mementos for you to take home. These include taking hand and footprints and casts if appropriate, taking a lock of hair, a name card and bracelets and photographs will be taken on a memory card for you to take home. You are welcome to bring your own camera and photographs can be taken with you and family members. Your baby can be washed and dressed in any clothes that you have and you may want to bring blankets/ teddies/ photographs and any other items which you wish to stay with them once you leave hospital. We have links with the local charity 'Remember my Baby' who can attend the hospital and offer a specialised bereavement photography service for you and your family. The time you have with your baby is very precious and you may stay with him or her for as long as you wish. We will provide you with a 'Memory Box' to put all your mementos in and we have tiny clothes, Blankets of Love and knitwear which you are welcome to use and then take home with you. We aim to accommodate any other requests you may have about how your baby is cared for or any other mementos you may wish to take. We can also provide an Aching Arms bear which you are welcome to take home with you.

If you do not wish to see or hold your baby, you will not be pressurised into doing so and the taking of any mementos will be with your consent. If you think you may want photographs or mementos in the future, these can be taken and stored in your hospital notes.

Can my baby be blessed?

The Chaplaincy staff are always available to offer comfort and support to you, regardless of whether you have a faith or not. You may wish your baby to be welcomed, named and /or blessed during your stay in the Hospital and this can be performed by the Hospital Chaplain or by your own Minister. For those of the Islamic faith we have Muslim chaplains (male or female) who can support you at this time.

Will I get a Certificate for my baby?

Because your baby was born alive, both the birth and death need to be registered at the Registry Office, even if they were only alive for a very short period. You will be given a Medical Certificate of the Cause of Death by the hospital team which will need to be taken to the Registry Office within 5 days. Your baby's birth and death can be registered at the same time.

Appointments at the Registry Office need to be made in advance and babies born at Calderdale Royal Hospital or at home within the Calderdale area will need to be registered at:

The Calderdale Register Office:

Spring Hall Mansion
Huddersfield Road
Halifax HX3 0AQ
Tel: 01422 288080

Babies born at Huddersfield Royal Infirmary or at home within the Kirklees area will need to be registered at:

Huddersfield Register Office:

Huddersfield Town Hall
Ramsden Street
Huddersfield
HD1 2TA
Tel: 01484 221030

Once this has been done, you will be given a Birth Certificate to keep and a Burial/Cremation certificate which needs to be handed to your chosen Undertaker or the Bereavement Officer at the Hospital. The Bereavement Officer can be found in the General Office at Calderdale Royal Hospital on the 1st floor near the main entrance.

Who can register?

If you, the parents, are married then either of you can register your baby's birth and death. If not, then both parents need to attend if the father's details are to be included on the birth certificate.

The Coroner

In some cases it may not be possible for the Hospital Doctor to issue a Certificate and the baby's death will be referred to the Coroner.

The Coroner is a qualified Doctor or Lawyer who will look into deaths where the medical cause of death is unknown. Sometimes, the Coroner will order that a post-mortem is performed to determine how your baby has died. When this happens, the funeral can only take place once a Certificate is issued after the post-mortem has taken place.

If your baby's death has been referred to the Coroner, the Coroner's Officer will contact you to give you advice and support. Contact details are as follows:

Can I hold a funeral for my baby?

Saying goodbye to your baby is an important part of acknowledging your loss and beginning to grieve, and attending a funeral can be part of this. All families who lose a baby at the time of birth are given the option of attending a 'hospital funeral', but you do not have to attend. Each funeral is for an individual baby and there is no charge for such funerals.

The hospital funeral includes the services of a funeral director who will help you decide whether to have a burial or cremation, and whether to use the support of a hospital chaplain. Funerals can be religious or non-religious in character (and are often somewhere between) and our chaplains will work closely with you to ensure the funeral expresses your wishes and beliefs. You are encouraged to choose your own music and readings or poems, and bringing along such things as pictures, teddies and flowers. If other children are in the family and are going to attend, you may wish to consider how to involve them. Our Muslim chaplains are experienced in supporting you with appropriate burial arrangements for Muslim babies.

Hospital funerals use Lockwood Cemetery, Huddersfield or Stoney Royd Cemetery, Halifax for burials. No decorative items are allowed on the grave, but there is the option to commission a plaque for your baby. Cremations take part at Parkwood Crematorium, Elland or Fixby Crematorium, Huddersfield.

Once you have decided on the right funeral for your baby, it usually takes place within 1-3 weeks, but this will depend on what investigations you have chosen. If a post-mortem examination is undertaken and you want to include tissue taken for testing in the funeral, this can delay the funeral process by up to 3 months.

If you do not wish to be involved in the funeral service, your baby will still be treated with the utmost of respect according to your wishes and faith.

Alternatively, you may wish to make private funeral arrangements for your baby and you will need to contact a funeral director and clergy of your choice who will instruct you further.

There is also the option of taking your baby home and the staff can advise and give further details on this.

Can I see my baby again once I go home?

Once you have left the Maternity Unit it may be possible for you and your family to visit your baby again, at the hospital, the Funeral Director's Chapel of Rest or your local place of worship or Mosque. If you have any questions then please ask a member of staff.

How will I feel physically after the birth?

Following the birth, you will have some degree of vaginal bleeding for between 2-6 weeks. In the early days, this bleeding can be quite heavy and be accompanied by some mild cramping, but this should become lighter after the first 3 or 4 days and be more like a period. It is advisable to use sanitary towels rather than tampons to reduce the risk of infection. If the bleeding becomes very heavy with clots, you experience a lot of abdominal pain or the discharge becomes offensive smelling, it is important that you contact your GP.

If you have had any stitches it is important to look after them and maintain good hygiene to prevent any infection. These may be uncomfortable for the first week and a mild painkiller should help. They usually dissolve in 4-6 weeks.

It is also important to try and look after yourself and your general wellbeing and although you may not feel like eating/ drinking, trying to have something little and often will help in your physical recovery.

You may also produce breast milk in the days following the birth, especially if your baby later in pregnancy. You will be offered medication to reduce the possibility of this happening whilst you are in hospital and wearing a well-fitting bra and taking a mild painkiller will help you feel more comfortable until it resolves. Some mothers want to donate their breastmilk to a local neonatal unit and this can be facilitated if it is something you feel is right for you.

Will I have any follow- up?

Following discharge from the hospital, initial care should be provided by a community midwife who will offer you visits at home. Telephone support will be provided by a bereavement midwife according to your needs and wishes and the Chaplaincy staff are available to support you if you wish. You will be given contact numbers and support leaflets on discharge from the hospital.

A follow-up appointment with a Consultant will be offered to you and usually takes place 8- 12 weeks after the birth of your baby. This will give you the opportunity to discuss what has happened, find out the results of any investigations performed and discuss future pregnancies. In cases where a post- mortem was performed, the follow-up may be delayed for as long as 12 weeks due to ongoing investigations and collaboration of results.

Is there any ongoing help after I go home?

Losing a baby is an experience that many will share, but everyone experiences grief differently. For some, expressions of grief will be overwhelming and public. For others it may be very private, but no less deeply felt. Feelings of shock, grief, depression, guilt, loss and anger are common. Grief may produce physical symptoms, as well as emotion ones, such as disturbed sleep, lack of appetite, nausea and palpitations. These are normal and may be eased by discussing them with your partner, friends, with a doctor or midwife, or with someone who can listen and understand. There is no time limit to the grieving process.

Support and advice can be sort from many sources, both online and via local groups. There are local SAND's groups in Halifax, Huddersfield and Wakefield which meet monthly and welcome new members. Both Talkthru and Insight offer individual and couples counselling following bereavement and are free for you to contact and access if you feel in need of further support. SANDs and 4Louis offer online forums where you can make contact with other bereaved families.

There are also annual **Remembering Baby** Services arranged in collaboration with the Chaplaincy department and SANDs. Details can be obtained from the Chaplaincy Department who are always available to help and can provide support and guidance irrespective of your faith standpoint.

Contact Numbers

Bereavement Midwife

Tel: 07500761111

Screening Midwives

Tel: 01422 222123

Labour Ward

Tel: 01422 222129

Calderdale Royal Hospital Switchboard

Tel: 01422 357171

Huddersfield Royal Infirmary Switchboard

Tel: 01484 342000

General Office Calderdale

Tel: 01422 222088

Help and support

Hospital Chaplains/Imams Contact via HRI and CRH Switchboard Tel: 01484 342000 or 01422 35717

Huddersfield Muslim Burial Council

Tel: 07866 662222

SANDS (Stillborn and Neonatal Death Society) Huddersfield and Halifax Branch Tel: 07875246278
Email: huddersfieldsands@yahoo.co.uk

CHIBS (Calderdale Help in Bereavement Services)

Tel: 0845 0099220

Email: info@chibs.co.uk

TalkThru Revenue Chambers, St Peters Street, Huddersfield, HD1 1DL Tel: 01484 515137 / 07553367345
Email: office@talkthru.org.uk Web: www.talkthru.org.uk

Insight Healthcare Calderdale

15 - 17 Carlton Street, Halifax, West Yorkshire, HX1 2AL

Tel: 0300 555 0191

Crisis Pregnancy Care Jubilee House, 5 St James Street, Halifax, HX1 5SU

Tel: 01422 357589 (office hours)

Tel: 07527 375986 (8am -10pm every day)

Email: info@cpchalifax.org.uk

Web: www.careconfidential.com

If you have any comments about this leaflet or the service you have received you can contact :

Sarah Hall, Bereavement Midwife
Calderdale Royal Hospital
Telephone No: 07500 761111

Sarah.hall@cht.nhs.uk

Or

Laura Douglas, Labour Ward Manager
Calderdale Royal Hospital
Telephone No: 01422 222947

Laura.douglas@cht.nhs.uk

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਵੇਰ ਪ੍ਰਾਪਤ ਨਾ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ میں درکار ہوں، تو براہ کرم مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"