

# Caring for your child's body at home

## Information for parents, carers and relatives

We wish to do all we can for you and your family at this difficult time, by providing advice and support. If you would like to talk through this advice further or have any concerns please contact your local bereavement midwife:

**email:** [bereavement.midwives@mbht.nhs.uk](mailto:bereavement.midwives@mbht.nhs.uk)

**Lancaster:** Celia Sykes      **tel:** 07584508089

**Barrow:**      Becky Bleackley **tel:** 07815602537

For children over 28 days of age, please contact your local bereavement nurse:

**Lancaster:** Lindsay Pinch **tel:** 07891841695

**Barrow:**      Carole Palmer **tel:** 07816063864

The following advice has been prepared with the help of parents and those with experience of bereavement within the Trust. We hope you find it helpful when thinking of what is best for you and your family.

Families, if they wish, are able to spend time at home with their child who has died. In cases where the coroner is involved, or there is a risk of infection, this may not be possible.

## Why go home?

You and your family may find it helps to say goodbye at home, rather than a hospital setting or chapel of rest. Being able to see, touch, and cuddle your child in your home surroundings, for example in their bedroom or nursery, can help overcome some of the fears and emotions associated with the loss of your child. It may help coming to terms with saying goodbye. You may also find yourselves in the role of comforters to others visiting in the days

following the loss of your child. If you feel more comfortable at home and feel better able to support each other, this may help you with your grieving.

## **Taking your child home**

The funeral director can arrange to bring your child home for you or you can take your child home in your own car. If you chose to take your child home, some paperwork will be required (stillbirth or death certificate and carriage of body form). Staff can help you with this. We advise a Moses basket with a blanket for a baby.

## **At home**

Your child should be kept as cool as possible by reducing or turning the heating off, to help delay any changes. Keep windows and doors closed to stop pets from going in without you being there. The hospital can provide a cuddle cot or a cooling mattress for you to use at home. This is a cooling system which keeps your child cool. This is very easy to use and can be set up by the bereavement midwife or the funeral director.

Washing and dressing your child can take place in the hospital or at home with the help of a midwife or funeral director. They can advise you how to handle and care for your child.

Finally it is important to give yourselves time and space at home with family and friends, ensuring the creation of long lasting memories of your child.

## **The funeral**

The funeral director can arrange to pick your child up from your home on the day of the funeral. They can also take your child back to the funeral home before the funeral if you wish. We advise that your child may stay at home for up to 48 hours, but this can be discussed with them.

Royal Lancaster Infirmary use Ascension Funeral Directors and Furness General use Little and Caine for hospital-arranged funerals. We have names of other funeral directors in this area that you can seek advice from if you wish to make your own arrangements.

## Leaflet Details

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## **Other formats**

If you would like to receive this information in an alternative format, then please contact: 01539 715577.

## **Travelling to our hospitals**

For the best way to plan your journey visit our website:

<http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 715577.

## **Useful Contact Details**

NHS 111 (for 24 hour urgent health advice): telephone 111

## **Your Information**

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 715577.

## **Evidence**

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

## **Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 715577.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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