

Creating Memories as a Family

BIDMC Perinatal Comfort Care Team • Supporting families during and after pregnancy

Families helped us develop a list of ways to create meaningful memories as a family. These ideas are all **optional** ways for you to create memories during your pregnancy and upcoming delivery, none are required. Feel free to create memories in other ways that are important to you.

BIDMC staff will create a Memory Box that may include items such as an ID band, hat, footprints, handprints, and plaster hand/foot mold. The Social Work Department will hold onto these keepsakes and/or photos if you do not take them home and if desired, you can obtain these at a later point.

DURING PREGNANCY

- Organize pregnancy photoshoot and/or take family photos
- Save ultrasound photos
- Ask your OB provider about recording the heartbeat at a prenatal visit
- Engage with music therapist to create music/lullabies around heartbeat recordings
- Create journal and/or vision board
- Consider connecting with a community or spiritual leader
- Consider finding a doula to provide support during labor, birth, and post-partum

DURING LABOR AND DELIVERY

- Take photos
- Include family and support people (in person or by Facetime)
- Hold religious/spiritual ritual or say a prayer

AFTER BIRTH

- Learn weight and length of baby
- Bathe baby
- Comb and brush baby's hair
- Apply baby lotion
- Dress baby in special clothes
- Change baby's diaper

CREATING MEMORIES

- Have baby stay in the room with you (option of Cuddle Cot)
- Take photos/video
 - “Now I Lay Me Down to Sleep” is an organization that can take photos of your baby/family. If interested, please reach out to them ahead of time: www.nowilaymedowntosleep.org
 - Give baby meaningful gift or toy and take photos with these special gifts
 - Create photo album
- Make ink impressions or clay imprints of baby's footprints and handprints (BIDMC can provide ink/clay etc)
- Expose baby to sounds/senses such as sand from a special place, snow, etc
- Create your own memory box
- Create customized weighted teddy bear from the weight of your baby
- Have sibling(s)/family members/friends write a letter or draw a picture and place on baby's crib
- Write a poem/letter/song to your baby and read it aloud
- Read books with personal meaning to your baby
- Play special music for your baby
- If at home, create a special place to celebrate your baby
- Have a birthday party
- Lie down with your baby skin-to-skin to simulate being at home in bed with your baby
- Take a stroller ride with your baby around the floor, with approval by BIDMC staff
- Celebrate holidays that have personal significance
- Create rituals that are important to your family upon the birth of a child