



*Taking photographs of your baby.
A guide to helping you.*



Féileacáin

WHY TAKE PHOTOGRAPHS OF YOUR BABY?

Your baby has just died, you are shocked, heartbroken and consumed with grief, and you may wonder why you would want a reminder of such a horrendous time in your life. However, these precious few days that you spend with your child are the only opportunity you will have to make lifelong memories and to take photos that will last for generations to come. The photographs will serve as a reminder that your baby was real, did exist and will always be an important part of your family. It may be the last thing you feel like doing but we cannot stress enough how hugely important the taking of photos of your child is; these are tangible reminders of what your baby looked like. For siblings who were too young to understand or who haven't been born yet, it's important to be able to show them a photo saying: "this was your brother, your sister". It also gives you the possibility to share your baby with other people when you are ready to do so. Photographs also make the baby more real to other people who may not have had the opportunity to meet your baby in person.



BELOW ARE JUST SOME SUGGESTIONS OF THE TYPE OF PHOTOGRAPHS YOU MAY WISH TO TAKE.

Your baby in the arms of his/her father, mother, siblings, grandparents, or other loved ones.

It is so very precious to have as many photos taken as possible with you holding/cradling your baby, As hard as it may be to consider, you should consider taking photos of your baby with your other children (especially young children) holding their brother/sister. These will be extremely special for them to have in years to come when time has dulled the memory of their sibling; they may not remember holding him/her, but they will always have the photograph to help them preserve the memory of their sibling.

Family portraits.

Many people get so taken up in taking photos with everybody else they sometimes forget to take a family photo. Ask a doctor/nurse or another member of your family to take this.

Close-ups of the baby's face.

(The part of your baby you may want to remember the most) these can be very special to look at and help you identify your baby for instance she/he has her/his mother's eyes, father's nose, granny's mouth...

Close-ups of fingers, hands, feet, toes.

We know from talking with parents that they remember everything about their baby from his/her tiny ears to their long fingers and these photos will also act as a reminder of those features. If your



baby has died some days before birth or had a condition that may have changed their appearance, you may not wish others to see full facial photographs, but you may be comfortable with the type of photographs suggested above.

Multi-generational photos are special, portraying a legacy of different generations. Mother, grandmother, great grandmother, and other loved ones.

Pictures of your baby's hands in mom's or dad's hands are particularly touching.

Also the baby's feet held in your own/ your partner's hands are lovely too. You could also take a picture of the baby's sibling holding the baby's hand/foot. If your baby was born very premature, you could also to put your wedding bands on their feet.



Many parents take photos of their full, unclothed baby so that they can recall that their baby's body was perfect. If you feel uncomfortable doing this, you could take a photograph of your baby wrapped in a blanket (warm colours are better for this). Some hospitals allow you to bathe your baby; this is also another good photographic opportunity.



If you have a toy that you are giving to your baby, you could take a picture of your baby with the toy or a soft teddy beside them. If you are keeping a teddy bear or a soft toy as a memento of your baby, it's an idea for you to take a picture of your baby with this toy also.

If your baby has a surviving twin, maybe you could take a photograph of the two of them together (as hard as this maybe it would become extremely precious to the surviving twin in later years)

Your baby in the arms of the nurse or doctor.

It is something to consider, these doctors and nurses helped deliver and care for your baby.

Take a few pictures of each pose, so you will have some to choose from

In many hospitals the light is dimmed during and after the birth, don't forget to ask for more intensity otherwise your pictures could all come out too dark. You may wish to bring a camera that adjusts for light intensity automatically.

Black and white film also gives variations on the photos you have taken which may be modified later on computer. Black and white or sepia tinged photographs also soften the edges. While you may not feel comfortable showing people



pictures of your baby in full colour, these photographs can often look better taken in black and white or sepia.

These are just a few suggestions for you. At this difficult time it is extremely hard to think clearly and to get all the pictures you want.

It can also be upsetting posing for a photograph with your baby, but you will not get a second chance to take these photographs and these photographs are going to remain a very important part of your and your family's lives for many years to come. It is better to take too many than to regret not taking enough.

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