

## Taking your baby home

### Information for families

- On behalf of Whittington Health, we are so sorry to hear that your baby has died. We would like to offer our support at this time.
- There are many decisions to be made at this sad time. You may be thinking about taking your baby home for a short period of time.

### Taking your baby home

Taking your baby home for a short period of time lets you:

- Have more time with your baby, away from the hospital.
- Have time to say goodbye, in the privacy of your own home.
- It also gives you time to show the baby to brothers, sisters, family, and friends, and take photos should you wish to.
- This can help everyone feel the baby is part of the family.

### Transporting your baby

- We will give you a form to sign, to say that you will take your baby home.
- This makes sure everyone understands, just in case you are stopped on the way home or have an accident during your trip.
- You must travel in a private car – not in a taxi or public transport.
- The journey may be emotional, and it could make it unsafe to drive yourself. We recommend that you have a family member or friend drive you home.
- You could also use the services of a funeral director to bring your baby home. You might be charged for this service.
- You can take your baby home either in a car seat, in a Moses basket (we can provide one for you) or in your arms.

## What to expect at home

- The length of time that your baby is at home with you will depend on your own wishes.
- The bereavement support midwives will discuss with you what might be best for you and your baby.
- Most families find that 1 - 4 days feels right.
- If your baby is having a postmortem examination, we suggest waiting no longer than 24 hours.
- A Bereavement Support Midwife or Community Midwife will call you every day.
- They will talk with you about what you want to do next.
- You must tell the hospital if your baby is moved from your home.
- We will give you a cuddle cot to use at home.
- Please see the next page for a short guide on how to use the cuddle cot.
- For more instructions you can watch this video <https://bit.ly/CuddleCotVideo> or visit their website <https://cuddlecot.com/what-is-a-cuddlecot/>



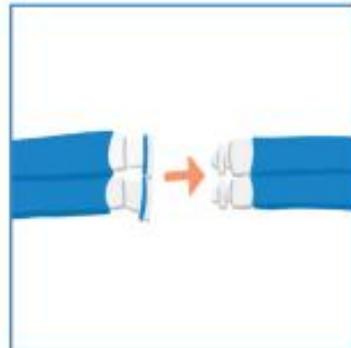
## CuddleCot Quickstart Guide



1. Add the foil sheet centrally on top of the blanket, with the shiny side facing up.



2. Place cooling pad on top of foil and cover with a thin sheet or insert into pillow case.



3. Connect the double connectors of hose to cooling mat, and the single connector to the cooling unit.

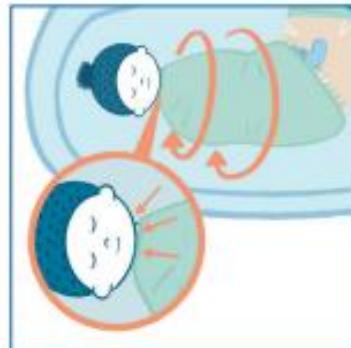


4. Remove filler cap, add two drops of biocide, or one sterilising tablet, and fill 3/4 with purified water.



5. Plug in the unit and switch on. Check water level and top up if required.

The temperature will read high initially, this will cool over time. Press the downward arrow to ensure the temperature target is 8°C/46°F. Click 'enter' to set.



6. Wrap the foil, pad and baby with blankets. Tuck the blanket in to aid insulation. Minimising gaps & wrapping baby aids insulation & reduces condensation.

Ensure the hose is not kinked when swaddling the baby.

**For further assistance contact our support team:**

UK: 08455 333561 US: 800 992 8977

[www.CuddleCot.com](http://www.CuddleCot.com) [info@cuddlecot.com](mailto:info@cuddlecot.com)

## What to expect at home

- It is important that you know that your baby's appearance will change over time because of natural processes.
- The changes may be:
  - Baby's skin might change colour and the skin may peel
  - Some blood may come out of your baby's nose
  - Some stiffness to your baby's body or arms and legs
  - Coolness of the skin
  - Baby may start to have a smell.
- It is important that you know how to slow down these changes.
- The following list will help you to care for your baby in the home:
  - Keep your baby in a cool room, with no heating on
  - Use the cuddle cot as much as possible
  - Keep all windows closed
  - Make sure that pets are kept out of the room
  - Use a light cover over your baby.

## What happens next?

- When you are ready to say goodbye to your baby, a funeral director must collect them from your home. They can also be taken back to the hospital.
- If a funeral director is collecting your baby, please let the hospital staff know. We will need to organise the returning of the cuddle cot.
- A funeral director may need your baby's death to be officially registered before they can collect them. For more information about this, please see the Funeral Arrangements leaflet.
- If you are bringing your baby back to the hospital, please let your Bereavement Support Midwife know the date and the time.
- Remember that the Labour Ward Co-ordinator can be contacted at any time on 020 7288 5502. Your baby can be brought to them on the labour ward.

## Helpful contacts

### **Bereavement support midwives,**

Jane Laking and Debra Virchis

Shared Phone: 07825 009 071 (Monday to Sunday 8am to 4pm)

Email: [whh-tr.bereavementmidwife@nhs.net](mailto:whh-tr.bereavementmidwife@nhs.net)

### **Department of Spiritual and Pastoral Care**

Phone: 020 7288 5337 (Monday to Friday 9am to 5pm).

Outside these hours, please call the chaplain on call via the switchboard number: 020 7272 3070

### **Labour Ward**

Phone: 020 7288 5502 (24/7 access number).

### **Funeral Directors**

The following is a list of funeral directors located within a four-mile radius of the hospital. This list is a guide only.

The hospital cannot recommend any of them. It is for you to decide which service is the best for you and your baby.

- **Co-op Funeral Directors**, Several branches in London – 0808 304 7279
- **Dignity**, Several locations – 0808 231 6684
- **A France & Son**, WC1N (also Islington & Hendon) – 020 7405 4901
- **African Caribbean Funeral Service**, N16 0UD – 020 7275 0175
- **Abney Funeral Services**, N16 7JD – 020 7923 7111
- **Chandu Taylor & Son**, N11 1QD – 020 8361 6151
- **Demetriou & English**, N22 8NG – 020 8889 9888
- **Floyd & Son**, N1 7QP – 020 7490 5090
- **Harrison Funeral Home**, N19 5NL – 020 8819 3268
- **22London Direct Cremations**, NW2 3LJ – 080 8296 7015
- **Leverton & Sons Ltd**, several locations – 020 7387 6075

- **A W Luck & Son**, N2 8DX – 020 8883 2429
- **Melville & Daughters**, N15 3PT – 020 8888 7262
- **M M Broad & Son**, N12 8RG – 020 8108 1919
- **Oakleigh Funerals Ltd**, N20 0RU – 07713 160 873 (ask for Ian)
- **Thomas Crib & Son**, E6 5PA – 020 7476 1855
- **WG Miller**, N1 2SJ – 020 7226 3886

## Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient Advice and Liaison Service (PALS) on **020 7288 5551** or [whh-tr.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net).

If you need a large print, audio or translated copy of this leaflet, please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

**020 7272 3070** | Whittington Health NHS Trust, Magdala Avenue, London, N19 5NF  
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