



SHARING YOUR STORY OF LOSS

Checklist

- Baby's name (if named), place of birth & place of death (if different) date of birth & date of death (if different)
- Please explain your story in as much detail as possible.
- Please explain where the care you were provided with was outstanding and any positive experiences you experienced.
- Please explain where the care you were provided with was lacking and any negative experiences you experienced.
- What would you change? What services could have improved your experience in hindsight?
- If you have had more than one loss, please submit each experience separately.

Please circle an option:

I would like to remain anonymous but you can share my baby's first name/please redact any identifying information/I am ready to openly share my story.

Have you submitted your story elsewhere, completed any inquiries or submitted any complaints? Yes/No

Would you like to discuss this further with me to see if I can assist?
Yes/No

You can email submissions to madetobloomau@gmail.com as a Word document or alternatively you can mail your submission (please message me for the mailing address)

Please note that while the details of your story will not be changed, we reserve the right to update spelling, grammar or place edits to ensure your story is easily readable and timeless.





IDEAS TO SPARK THOUGHT

If you have anything to share about the following, please feel free to add whatever is on your mind. This is your story and you are the only person who can tell it.

- Did you get to make memories with your child? What did you do? How long did you spend with your baby?
- Were you placed on the maternity ward/sent home/have access to a bereavement suite?
- Did any family or friends visit baby? How was this experience?
- How was the experience of leaving the hospital? Did staff help? Did you have an alternate exit?
- Is there someone who impacted your experience either negatively or positively. Please include their name - we can redact this if required later, but helps to ensure there are no common themes.
- Did you get offered at home services after your loss?
- How was your 6 week check in? Were you given information or documentation about what happened? Did you have to wait in the antenatal clinic?
- Did you receive any information on bereavement services for once you went home?
- Did you receive any items to take home after your baby eg Bears of Hope bag?
- Did you see a social worker? How was your experience?
- Did you know what to expect before baby was born?
- Do you feel staff properly understood what to say or do?
- Did you organise a funeral? What was your experience like? Feel free to talk about the service in depth and the preparation in the lead up to this.
- What kind of birth did you have? Did you experience any trauma or difficulty through the birth? What could have made it better?
- Did you feel you had options on how you could birth your child?
- Did you know you could take baby home? Was this offered to you?
- How was your husband treated? Did you find you grieved differently? Were you on the same page? Did he feel supported and seen?
- Did you send baby for an autopsy? Please discuss your experience with this.
- Did you use any additional supports such as cuddle cots, Heartfelt photography etc
- How was the Service NSW/ Births, Deaths, Marriages and Centrelink experiences if applicable?
- How was the experience of your milk coming in? Was this managed and supported well?
- How was the drive home? Did you go straight home? How did you feel coming home to baby's things? What was your process?
- How was your experience with your employer/time off? How was your return to work? How long did you take off work?
- Was there anything at home you were worried about while in the hospital? Pets, kids, cleaning etc. How did you navigate this?
- Did you feel well supported overall? From medical staff, family, friends?
- Have you accessed any support services such as psychologists/counsellors?
- How was your experience with returning to life after baby? What sticks out for you? Social media/emails/apps, TV, activities, hobbies, new experiences, things you could no longer do, triggers, food, showering, sleeping.

I am so grateful for your submission and know the effort it takes to write your story. I want to personally thank you for your unique perspective and offer my sincerest condolences for your loss. Thank you for being so brave and sharing this part of your life and child with us.

