Like a butterfly, you flew away...

azdelta

Uw ziekenhuis.

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Like a butterfly, you flew away...

Dear parent, grandparent, brother, sister, ...

What is happening to you is unreal and painful. Ideally, you would like to wake up from this bad dream and steadily pick up the threads of life again.
It feels surreal that your pregnancy is stopping early, and you are now losing your baby ... Whether early or late in pregnancy.

Birth and death, the beginning and end of life, always touch us. When these coincide, it is very profound, with many new emotions and feelings.
You find yourself in an unfamiliar situation where many questions arise and decisions have to be made.

We would like to offer you our condolences and provide our support together with our team in any way we can.
Do not hesitate to tell us your wishes and needs.

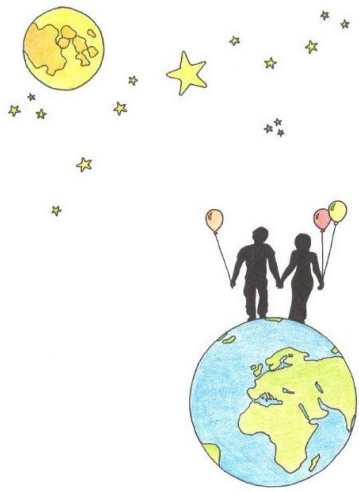
"Joined in love forever"



Figure 1:
Bench in the cemetery in Roeselare

In this leaflet, we want to give both parents information to get through the first difficult period.
There is practical information, but we also reflect on the emotional process.
Know that grieving takes time and energy. Everyone does it at their own pace and in their own way.

The midwifery team



On a day like this
the world stands still for a while
On a day like this
nothing goes my way

On a day like this
sadness prevails
And even though you live on in my heart
On a day like this
I feel the distance all the more

www.bundeltjegemis.nl

1. Admission to the maternity unit

After the difficult diagnosis, we will agree with you when you will be admitted to the hospital for labour to be induced. You may choose to wait for another short period.

If you choose to wait a few more days, however, an "initial consultation" can already take place. This will be with a midwife or someone from the spiritual care service preparing you for what may come.
This way, the questions that come up for you can already be discussed (e.g. how you can say goodbye to your baby) and we can give you tips on how to deal with these questions.
In addition to this leaflet, you will receive other information, and you can have the Berrefonds case as a valuable resource (see useful organisations).

On the day of admission, you will be settled in a delivery room. The gynaecologist and a team of midwives will guide you the best they can during your labour and delivery. A member of the spiritual care service will visit you to support you in saying goodbye and help with practical matters (such as arranging burial/cremation). If you wish, a psychologist may also be present.
You will receive a lot of information. Be sure to tell us your own wishes and needs! Every situation, every story is different.
When giving birth, we will support you the best we can. If you wish, you can receive pain relief (e.g. an epidural) at any time.

After delivery, you can hold your baby and keep him or her with you in the room constantly or some of the time.
Your partner can be with you at all times. Visits after your delivery are possible, if you wish.
The length of your stay is determined in consultation with the doctor. Take your time. Staying overnight with your partner is possible.

We will set an appointment for a follow-up check-up with your gynaecologist. An independent midwife can visit you at home. Do you have questions or need support in between? If so, be sure to give us a call.

If the (full) cause of your baby's death is not clear, further tests may be performed on the body and/or placenta. This is always done with your consent. Despite further investigation, the cause of death can sometimes remain unclear.

2. Practical support

Besides the thoughts and feelings overpowering you now, there are also many questions and many practical decisions to be made. We are ready to support you with these.

Would you like to see your baby?

We will discuss with you and your partner whether you want to see your baby. Our team recommends doing this as we know from experience that it helps with processing. Know that you can change your decision at any time.

Your baby can stay in the room with you for as long or as much as you wish (throughout your stay or at desired times, for example).

We try to make your needs and wishes possible and have baskets with cooling elements or a nice bowl to apply the water method for this purpose. This allows your baby to stay safe and secure with you for as long as you wish.

If your baby does not stay in the room, we will place your baby in cold water. This way, your baby will be in the same position as in the womb. Because the baby stays beautiful longer in water, the water method gives parents and their loved ones precious extra time to say goodbye.

Bringing clothes for your baby is not necessary unless you wish to do so. We have handmade tops, blankets and hats that we offer (for free).

Are you naming your baby?

What name do you want to give your baby? Or are you still thinking about a name? Experience shows that giving your baby a name is important.
This allows you to talk about "your baby" rather than "the foetus" or "the baby". Giving a name provides personalisation, gives extra recognition and emphasises attachment or bonding.
"Giving a name" also makes it easier to give your baby a lasting place in your family. The name helps your other children make the baby "their" brother or sister.
It is also easier for people in your wider environment to recognise and name the baby as your son or daughter.

Are you opting for a bereavement card?
Along with you, many family members and friends were probably looking forward to the birth. Sending a card with the sad news that your baby has been stillborn can be a help in future encounters. It helps to avoid unpleasant experiences or having to tell the same story over and over again.
You can view some examples of such birth announcements in our unit. If the birth card has already been made, this can be used as a basis.

Would you like to keep some tangible memories?
From the moment you know you are pregnant, you have dreams and plans. What happens to you now makes everything a memory. It is therefore important to keep some tangible memories.

In the hospital, we offer you a case from the Berrefonds (see useful organisations). This case contains supplies to make concrete mementos as well as suggestions to help with the grieving process.



Figure 2: Berrefonds Memory Case

Furthermore, we can:

- take photos of your baby
- take a hand print and/or a footprint
- have a card (or a card with the baby's name) made with these prints
- take a lock of hair
- print an ultrasound of your baby
- give you the opportunity to care for your baby

The photographers of "Above The Clouds" (see useful organisations) will come to the delivery room, if you wish, to photograph your baby in a professional manner, free of charge.

Other possibilities of tangible memories may include:

- the quilt/blanket your child will be wrapped in
- drawings by the other children
- a journal with your feelings and experiences
- messages of support, letters and cards you received

Feel free to speak with us if you need help with this.

What support can help?

• Music

Music can provide strength. Sometimes, you may recognise yourself in the text. Music can also mirror and/or express one's own feelings. Or create and evoke memories.

Tip: at www.fara.be, there is a playlist compiled by people who have had to make difficult choices themselves and/or who are dealing with loss and bereavement.

• Memory place

A actual place to go can be meaningful. The number of public memorial sites for babies is increasing. Even in cemeteries, you can often find a place of interment/silence/star meadow ...



Figure 3: Roeselare Cemetery memory place

• Other:

- ✓ a piece of jewellery to remember
- ✓ write a letter
- ✓ get a tattoo
- ✓ body casting
- ✓ a personal ritual
- ✓ ultrasound photos, the pregnancy test and other things that are part of this pregnancy
- ✓ talk about it
- ✓ a (personal) diary
- ✓ a birth and/or bereavement card
- ✓ professional help

Do you wish to have a farewell ritual?

We always offer space within the hospital for a farewell ritual or gathering in accordance with your philosophy of life. You decide how you want to shape this farewell.
A funeral director is not necessary; we can help you if required. Experience tells us that saying goodbye together with the people close to you can be healing.

What are the burial options?

Options vary from municipality to municipality and depending on the length of the pregnancy. Usually possible:

- anonymous burial on foetus meadow
- a child's grave or urn cellar
- scattering the ashes
- keeping the urn at home

It is possible to bring your baby home to say goodbye together with brothers and/or sisters, people closest to you, ... This is arranged with a funeral director. The Oona Foundation can provide support for materials in this regard.

◊ Pregnancy duration less than 140 days

If the gestation period is less than 140 days (20 weeks), declaration is not possible.

Since 1 January 2024, a "star" register has been opened in Roeselare, Menen and Torhout for babies, among other things. This way, you can also have your child recognised. This can be done online or by appointment. After this registration, you will receive a symbolic deed in Roeselare and Menen. In Roeselare, a "consoling tree voucher" is also given. With this, you can plant a tree of hope and consoling in your garden.

Municipalities are increasingly opening a star registry. If required, we would be happy to enquire whether this is present in your municipality.

You can choose whether to bury your baby or have your baby cremated.
Burying your baby is done free of charge. Your baby is placed in a white personalised box and taken to the cemetery. You can be present to experience this farewell moment together with someone from the spiritual care service who you choose. We can contact your municipality to see what the options are.

✓ Menin: the cemetery has a "butterfly tree" where the baby's name can be engraved on a butterfly. Residents of Menen can place a butterfly-shaped memorial plaque free. If you are not a resident, the cost is €50.

✓ Roeselare:

- Anonymous burial: the urban cemetery (Groenestraat, Roeselare) has a flower-filled foetus meadow.
- Children's cemetery: here, you will know the exact place where your baby is buried. A tombstone or other symbol (cuddly toy, statue, etc.) can be provided.

✓ Torhout:

- Anonymous burial: De Warande quiet park
- Children's cemetery

Cremation carries a fee and can take place in Kortrijk, Bruges or Ostend. We use a personalised box for this too, and, as the parent, you can take your child to the crematorium yourself.

Both burial and cremation do not require the intervention of a funeral director, but this is possible. We are happy to support you with arranging everything with the competent services.

There are four Muslim cemeteries in West Flanders:

- Beveren Cemetery
- De Blauwe Toren Bruges
- Heule Cemetery - Marke
- Stuiversstraat Cemetery Ostend

◊ Pregnancy duration between 140 and 180 days

If the gestation period is between 140 and 180 days, you can choose whether you wish to declare your baby or not.
The declaration of death is registered at the registry office of the municipality where the delivery takes place. The baby gets a first name. Once the prenatal acknowledgement is done, the father or mother, if she is present, can be stated on the certificate.
We can assist you as much as we can to register the declaration. In Roeselare, this can be done at the hospital on certain days. You can also be assisted by a funeral director who will make all the arrangements with you.

Furthermore, you need to make the choice whether you wish to bury or cremate your baby.

- Your baby can be buried in Roeselare, Menen, Torhout or in the children's cemetery of the municipality where you live. A gravestone or other symbol (cuddly toy, figurine, etc.) can be provided.
  The options for a children's cemetery and the cost vary from one municipality to another. We are happy to help you get the correct information.
- If you choose not to declare your baby, your baby can be buried anonymously at the foetus meadow.
- If you choose cremation, you can keep the urn at home or have a place for it at the children's cemetery.
  The ashes can also be scattered or cared for in other ways (e.g. in a piece of jewellery).

◊ Pregnancy duration over 180 days

If the gestation period exceeds 180 days, a declaration of death is mandatory. This is done at the registry office of the municipality where the delivery takes place.
We can assist you with the declaration. In Roeselare, this can be done on certain days at the hospital itself. You can also choose to be assisted by a funeral director who will make all the arrangements with you.

You must choose whether you wish to bury or cremate your baby. The baby is buried in the children's cemetery of the municipality where you live or you can choose to have the baby cremated. You can keep the urn at home or have a place for it at the children's cemetery. The ashes can also be scattered or cared for in other ways (e.g. in a piece of jewellery).
The options for a children's cemetery and the cost vary from one municipality to another. We are happy to help you get the correct information.

Right to leave and premiums?

Entitlement to leave/premiums depends on the baby's declaration obligation.
For more info on hospital costs and additional medical care, you can always contact your health insurance fund.

✓ No declaration:
* Work absence is sick leave.
* No entitlement to a benefit.

✓ Choice of declaration (zone between 140-180 days):
* No entitlement to the starter package (birth benefit)
* No entitlement to 14 weeks of paid maternity leave.
Sick leave is/can be prescribed by your attending physician.

✓ Declaration in all cases (from 180 days):
* Starter package (birth benefit): paid out on the basis of an extract of the certificate.
* Birth benefit from your health insurance fund (e.g. a monetary amount)

* Maternity leave: lasts 15 weeks. Of this, you are required to take one week prenatally. If you have not yet taken maternity leave, there is a right to 14 weeks remaining after the birth. If you already want to work before the end of this period, you can stop the maternity leave early.

* Paternity leave and maternity leave for joint parents:
The employer can grant 20 days, depending on the work situation. The employer pays the full salary during the first three days of leave. For the remaining days, the health insurance fund pays an allowance of 82% of the capped gross salary. This leave must be taken, staggered or all at once, within four months of the birth.
If you are self-employed, you may receive benefits from your social insurance fund.
You must have a legal parentage link as a father or joint mother: you are married, legally cohabiting or have an acknowledgement.

* Bereavement leave:
After 180 days of pregnancy, you are also entitled to 10 days of bereavement leave. This is for both the mother and the partner.
The first three days of this leave start on the day of the death and end on the day of the funeral. You can take the other seven days within a year of the death. Thus, the first three days of the bereavement leave overlap with the maternity leave, but the remaining seven days can be taken after the maternity leave. Ditto for the partner and maternity leave.
This bereavement leave is valid for employees and civil servants. If you are self-employed, you will not receive benefits.

Twin pregnancy

Being pregnant with twins with one baby being stillborn is a very specific situation with joys and sorrows. We are happy to assist you and help where we can.

3. Emotional processing

You are upset and so is your body. Your hormone levels drop very quickly in a short time, leaving you emotionally extra disrupted. Your body may show the normal reactions of milk production after the loss of your baby, possibly with breast engorgement, post-partum contractions and blood loss. This can be a painful experience, making you feel the loss even more. Talk about these discomforts with your doctor or someone in our team. We also want to give you the best physical care, and we may be able to give you medication to inhibit milk production or painkillers for the contractions.

Know that a grieving process requires a lot of energy and can be accompanied by physical complaints and symptoms. It is not abnormal for your sleeping pattern, eating pattern or physical fitness to be affected.

Saying goodbye as a parent

Losing a child is a very profound event, both for the parents and for the people around you. It is an abnormal situation in which you may experience numerous feelings and a range of emotions: powerlessness, helplessness, a lot of sadness or guilt.
However, not everyone goes through these same emotions. Everyone grieves in her or his own way. Not everyone around you may understand your feelings. Give yourself the chance and opportunity to follow your own grieving process, regardless of impressions or comments from others.

If you wish to have help in your grieving process, we can put you on the path to the assistance you need.

Saying goodbye as a couple

You lost your baby together, yet it is often the case that you and your partner grieve differently. This is quite normal because the bond with your baby is different. You may experience this as awkward and difficult and, as a result, feel like you have to deal with it alone. Keep talking with your partner; he/she may be struggling with the same feelings and questions.

Your relationship may unknowingly come under pressure. Again, it is important to feel that you are not alone in this, even if your partner handles these emotions differently. Stay in communication and try to be understanding with each other. Attention, love and understanding are often important mainstays within a couple in this grieving process.

Saying goodbye as loved ones

A child is always born in a context. You became parents, but at the same time, big brothers and sisters, grandmothers and grandfathers, godmothers and godparents, aunts and uncles and others. Grieving is something you never do alone. Everyone is touched by your loss in their own way. Whether from near or far away. Support from the people close to you can be comforting. However, accepting this support is not always easy.

Sometimes, your loved ones may not know what to say or do. It may be easier for them, and also for you, to simply indicate what you need. Often, this is not obvious, but it can be so precious and meaningful to receive appropriate support.
Dare to engage or involve those around you, dare to express what you want from them and dare to say "no". Choose the people you feel comfortable with and can turn to.

Even when explicitly saying goodbye to your baby, the support of loved ones can be very valuable and warm. It can mean a lot to you if the other children in the family, your parents or significant

others, have also seen their deceased sibling, grandchild, and all the other relationships.
We are in favour of being able to say goodbye in a serene, warm way, embedded and supported by people close to you.

Parents often want to spare their children pain and grief. But mostly, siblings were closely involved with the pregnancy and looked forward to the new baby. They certainly notice your sadness. We recommend involving them in the farewell, depending on their age and ability to understand. It is beautiful that they feel a sense of safety with you and are allowed to grieve with you.
It is also important for them to have somewhere to turn with their emotions, questions or reactions. If this or specific questions are too difficult for you, you can always visit "Het Vlinderhuis" in the hospital (see below).

When to seek professional help

You may be touched by your loss experience for life. As a result, gloom and sadness can come back to the fore or be reactivated many times. Especially on special dates such as the date of death, the original due date of birth, a birthday or Mother's Day/Father's Day. Don't be afraid to talk about this and accept it. Many people use some kind of ritual to pay extra homage to their deceased child on those days. Parents often tell us that grief is felt for life in this way. However, do not feel guilty when you try to pick up daily life again.

With time, the grief usually becomes less intense and a certain regularity and feelings of happiness return.
If grief lasts too long at an intense level and interferes with your normal functioning, you may need to contact a grief counsellor or psychologist.

You can visit our psychologist at the hospital at any time. She can help you move forward or seek appropriate psychological counselling.



Figure 4: Bench in the cemetery in Roeselare

"Will you please think of me... For a little while. Just whisper my name."

4. Another pregnancy

Another pregnancy is not the first thing on your mind right now. Know that this, too, is different for everyone. Feel free to talk about this.

The body needs a recovery period after birth. Gynaecologists usually recommend a period of about three to six months for the body to recover. Feel free to discuss this with your doctor.
Don't take any hasty decisions. Together with your partner, you will find the right time. Know that grief for your deceased baby is normal in this.
Another pregnancy can/will also bring moments of anxiety and uncertainty. Give feelings of joy for a new pregnancy a place alongside grief for your deceased baby.

5. Useful organisations

Some parents find it important to meet people who have had similar experiences, to learn from them and to listen to each other's stories. Below are addresses you can turn to if you feel a need for this. This list is not exhaustive. These are organisations, social workers in the neighbourhood and/or with whom we collaborate. The possibilities are even more extensive. You can also use (Facebook) groups to tell your story anonymously sometimes. While in the delivery unit, you will be given a card to keep that has some main points.

Counselling (individual or couple)

1. Fara vzw listens

Fara vzw counsels women, couples and those around them on pregnancy choices.

For a lot of people, the choice to terminate a pregnancy, whether or not for medical or psychosocial reasons, marks the start of a grieving process. Fara offers a listening ear and professional individual counselling in the event of a miscarriage or termination of pregnancy. This can be either before or afterwards. An initial consultation is always free of charge. Fara also organises contact with people with similar experiences.

www.fara.be

2. De Stilte Omarmd

De Stilte Omarmd ("embracing silence") is a platform based on "star children" with information, guidance and inspiration for their parents and those close to them.

Staff try to support you through your loss experience in a personal process. This is both for a loss during pregnancy or at birth. Free individual counselling (grief counselling) can be requested there.

https://destilteomarmd.be

Contact with people with similar experiences, discussion groups

1. Berrefonds, support after the loss of a child up to 12 years old



The Berrefonds provides support to parents (grandparents) and families of children who die during pregnancy, after birth and up to the age of 12.

Support starts with offering **the Koesterkoffer** (Memory case, free). While in the hospital, you will be given a suitcase, which you can order yourself through the Berrefonds or collect it from a Koester location. This case helps with the tangible memories as support after the loss.
In Kortrijk, you can visit the Koesterhuis at Lange-Brugstraat 1 every Saturday. In addition to the Koesterwinkel shop, there is also the opportunity for chats, drop-in events, small-scale events, and so on.

www.berrefonds.be

Another Berrefonds initiative is **Glinsterhulp**. This is a free online platform with low-key contact between people with similar experiences. On the website, you can read about their work clearly presented.
The "Glinster helpers" are carefully screened volunteers who help and support based on their own experiences. These are not therapists or psychologists, but experience experts. So you can expect recognisable stories, comfort, real-life tips and a listening ear (not therapy).

www.glinsterhulp.be

2. COZAPO, a contact group based on termination of pregnancy after prenatal examination



Cozapo is a contact group for parents who have terminated a pregnancy because the prenatal examination revealed serious abnormalities.

Doubts, sadness, guilt and so much more can sometimes be shared more easily with people with similar experiences, if only because they (recognise) them. Moments of meeting can arise, if desired, from the contact (support groups) of people with similar experiences themselves. At the same time, Cozapo helps parents find the perspective to live on after a heartbreaking decision. Cozapo offers free help.

www.cozapo.be

3. Ouders van een overleden kind (OVOK)



OVOK ("parents of a deceased child") is an association for parents of a deceased child (or children).
Age/duration of pregnancy does not play a role. Whether you lose your baby as a foetus or baby during pregnancy, in preterm or normal birth, as an infant, toddler, teenager or adult, it is and remains your child. Everyone is welcome at OVOK for free.

www.ovok.be/

4. Met Lege Handen ("with empty hands"), a support group for parents of a deceased baby or child

Met Lege Handen is an association by and for parents of a deceased baby.

Parents and families can come here for free when they need a conversation about the loss of their baby. Met Lege Handen is centred on contact with people with similar experiences. Talking with other parents brings recognition and acceptance. The volunteers of this non-profit organisation provide discussion groups at various locations in Flanders (currently not in West Flanders) or online.

www.metlegehanden.be

Independent midwives

Independent midwives can offer you (individual) counselling when things go differently than expected. If the pregnancy ends in a miscarriage or stillbirth, you are entitled to have a midwife at home. You can choose the independent midwife yourself; the health insurance fund will reimburse this help. She will guide you with expertise and empathy and, if necessary, refer you to other care providers. At the delivery unit, you can be given a list of independent midwives who are committed and/or experienced in this.

You can find an overview of all independent midwives by region at www.vroedvrouwen.be/zoek-een-vroedvrouw.

Psychological counselling

Paid individual counselling and/or couples counselling with a psychologist can help you further in the grieving process.

At AZ Delta campus Rumbeke, please contact Joke Corneillie. She can also work with you to find the right psychological counselling. The consultation is part of first-line psychological care and will cost you €11 (with increased reimbursement €4).

A list of referral addresses is available to look through at the delivery unit. You can contact us for this.

Others

1. Boven de Wolken



The professional photographers at Boven de Wolken ("above the clouds") will help you create a lasting memory that will never fade. They do this with heart and soul, with loving respect for you and your foetus or baby.

Once you have decided to have your baby photographed, you may contact them (preferably using the contact form on the website). After the email, you will be called to make further arrangements. The midwife at the delivery unit can also easily do this for you.
The photographers are experienced and know what to do to photograph your baby. This service is free of charge.

www.bovendewolken.be

2. The "Vlinderhuis"

Every Wednesday afternoon, children, however young, and adolescents can visit the Vlinderhuis ("the butterfly house") at AZ Delta on the Rumbeke campus.



Through words, play or creativity, they deal with their stories and emotions.

In addition, individual support for children and parents (or grandparents) can be obtained from the psychologist (or child psychologist) by appointment. All support at the Vlinderhuis is free of charge.

www.azdelta.be/nl-BE/opname/verloop-van-een-opname/met-kinderen-op-bezoek

3. Eleonoor

This non-profit organisation provides free meals for your entire family in the week (five consecutive days) after the stillbirth or death of your baby.

Volunteers make hot meals and deliver them to your home. The meal only needs to be reheated.

https://eleonoor-vzw.be/

4. Elisio Vlinderpost



Elisio Vlinderpost ("butterfly post") is a non-profit organisation that sends parents of a deceased baby a sweet message on Mother's Day and Father's Day, the baby's birthday, and other important days.



Each original card has warm words of support. You can register for this (or for someone else) using the form on the website.

www.elisiovlinderpost.be/

**"Invisible presence.
Far away. And yet
so close"**

Figure 5:
Bench in the cemetery in Roeselare

6. Literature for children and adults

At the delivery unit, we provide a number of books that can help you. There are also books available that can help convey this loss to siblings. The Vlinderhuis loans out books for free. Feel free to ask someone on our unit for more information.

These books are available at the delivery unit:

Als je een prille zwangerschap verliest,
Annemie Vandermeulen, Manu Kerise, Bernard Spitz
A gynaecologist, a clinical psychologist and a social nurse answer a variety of questions related to the loss of an unborn child.
Publisher Lannoo, ISBN 978 90 2098 841 3, 2010

Altijd en overal zus, Grete Flies
A picture book about deceased children. A way to cope with the loss of a deceased child together with brother(s)/sister(s). A way to talk about it and recognise and accept emotions.
Publisher Ligatura, ISBN 9789464007282, 2020

Altijd grote zus, Emke Dierickx & Sanne Thijs
A story about how one family copes with the loss of an unborn child. Especially aimed at telling brother(s)/sister(s).
Publisher De Eenhoorn, ISBN 978 94 6291 673 9, 2022

Begeleiding na een afgebroken zwangerschap of abortus,
Miriam van Kreij
This book contains stories about experiences, tips and checklists related to a termination of pregnancy or an abortion. It is mainly aimed at care providers.
Publisher Lannoo, ISBN 9 789401 480703, 2021

Dag Manon, daaaag, Ellen Beukema
This is an illustrated booklet for children aged 2-8 and

their parents. The loss of a birth and the death of a baby is described from a child's point of view.
Publisher Callenbach, ISBN 90 266 1342 3, 2005

Een regenboog in jou, Christine Vandenhole
A book of insights and testimonies about (wanting to) get pregnant (again) after losing a child.
Publisher Lannoo, ISBN 978 94 014 8343 8, 2022

De wolkenschilder en het sterrenmeisje, Gilles Weyns
A symbolic love story involving the loss of a child.
Publisher Borgerhoff & Lamberigts, ISBN 9789089318398, 2018

Geen blote voetjes in het zand, Stichting Lieve Engeltjes
A beautifully bound book with 48 stories in which parents and others involved let everyone see into their world, the world in which they have to miss a child.
Publisher Wedding Nederland B.V., ISBN 978 90 7624 970 4, 2005

Het rouwt in jou, Christine Vandenhole (Berrefonds)
An honest, accessible help book for anyone dealing with the loss of a child from near or far. It contains testimonials, valuable tips and practical checklists.
Publisher Lannoo, ISBN 978 94 014 6410 9, 2019

In de zee van mama's buik, Leen van den Berg en Femke Gerestein
A poignant and tender story of a miscarriage.
Publisher The Unicorn, ISBN 90 5838 381 4, 2006

Kikker en het vogeltje, Max Velthuijs
An illustrated story about death.
Publisher Leopold, ISBN 978 90 258 5875 9, 2011

Maar ik hield al wel van je, Marjolijn De Cocq
A candid book about miscarriages. About experiences, recognisable to many women. But also for partners, parents,

relatives, and others.
About feelings, desires, sadness, misunderstanding, guilt, among other factors.
Publisher De Bezige Bij, ISBN 9789403113210, 2020

Ongekend verlies, Wat als je zwangerschap misloopt?, Annemarie van der Meer
A book full of information, experiences and interviews on miscarriages and deaths around the time of birth.
Publisher Siren, ISBN 978 90 5831 481 9, 2008

Ono, een bijzonder broertje, Hannelore Waeles en Sara Gerard
A warm picture book that fosters discussion of the death of a brother so longed for.
Publisher Casa Littera cvba, ISBN 94 915 3807 0, 2015

Stille baby's, Christine Geerinck-Vercammen
"Stille baby's" offers help with the grieving process after stillbirth and termination of pregnancy. The author covers the theoretical and medical aspects, but mainly discusses the psychosocial processing of loss, childbirth and saying goodbye.
Publisher Archipel, ISBN 978 90 6305 539 4, 2009

Vaarwel, mijn boekje vol herinneringen
As the title suggests ("Goodbye, my little book of memories"), this is a blank book to collect memories to cherish a tangible memento.
Publisher Van Halewyck, ISBN 978 94 6131 792 6, 2019

7. Our team

Even after your stay in hospital, you can always call on us for guidance and support.

Delivery unit, Roeselare
Tel 051/23 61 69
Head midwife: Liesbeth Devrome (051 23 61 02)
liesbeth.devrome@azdelta.be

Menen maternity unit
Tel 056/52 24 95
Head midwife: Heidi Loyson
heidi.loyson@azdelta.be

Torhout maternity unit
Tel 050/23 23 70
Head nurse: Dirk Feys
dirk.feys@azdelta.be

Spiritual care service
Tel 051/23 83 00
spirituele.zorg@azdelta.be

Psychological service
Rumbeke:
Joke Corneillie, 051/23 38 80,
joke.corneillie@azdelta.be
Menin:
Joyce Van der Heijden, 056/52 21 93,
joyce.VanderHeijden@azdelta.be
Torhout:
Jasmijn De Bouvere, 050/23 23 29,
jasmijn.debouvere@azdelta.be

Social service

Rumbeke:
Melissa Creteur, 051/23 61 04,
melissa.creteur@azdelta.be

Menin:
Ilse Baert, 056/52 22 36,
ilse.baert@azdelta.be

Torhout:
Leen Delaere, 050/23 26 51,
leen.delaere@azdelta.be

8. Baby's height & weight

We have noticed that expectant parents often already try to picture their baby. However, this is not easy. We would like to give you an indication of your baby's weight and height here. Keep in mind that this is only an indication. If your baby died earlier than expected in your pregnancy, this will also affect the weight and height.

Weeks	8	9	10	11	12	13	14
cm	3	4	6	7,5	9	10,5	12
grams	1,5	3	5	9	14	23	40

Weeks	15	16	17	18	19	20	21
cm	16	17	18	20	22,5	25	26,5
grams	70	150	190	230	280	325	400

Weeks	22	23	24	25	26	27	28
cm	28	29	30	31	32,5	34	35
grams	475	550	680	770	860	950	1080

Weeks	29	30	31	32	33	34	35
cm	36	37,5	39	40	41	42,5	43,5
grams	1300	1400	1600	1830	2060	2315	2550

Weeks	36	37	38	39	40
cm	45	46	47,5	49	50
grams	2790	3025	3220	3370	3500

9. Practical checklist

I wish

✓ To name my baby	☐
✓ To see my baby	☐
✓ To have my baby in the room	☐
✓ To receive a Memory case	☐
✓ To receive a quilt	☐
✓ To have footprints and hand prints	☐
✓ To have photography done by Boven de Wolken	☐
✓ To view birth announcements	☐
✓ To have the book case in the room - with books about loss	☐
✓ To already have a consultation with someone from the psychological service when I am admitted	☐
✓ My baby to be buried/cremated	
✓ To have the right to leave and/or benefits?	
✓ Other wishes:	
✓ I still have questions about:	

Notes

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0520 5428-EN **This brochure is revised on 21/02/2025**