



Funeral choices



Little Things & Co.
The baby bereavement charity

Arranging a funeral for a child is not something anyone ever wants to contemplate, but if you find yourself in this situation, we are here to help you with the difficult decisions you have to make.

There are many options and it is important to know what is available to you.

Many years ago, it was not usual for a tiny baby to have a funeral, however nowadays it is actively encouraged. A death at any age can evoke so many feelings and as with any other death, a funeral can help to ensure you get to say goodbye properly and help with the grieving process. To have no funeral can leave so many things unsaid and done. Here at Little Things & Co. we actively encourage a funeral.

However, we also appreciate everyone is individual and only you know what is right for you and your family. Overall, we strongly believe a funeral is an integral part of the healing process and offers families an element of control at such a difficult time. However, we respect everyone's right to choose.

A funeral of a baby should have no limitations and be handled just as any other funeral. The options are for you to decide, not those around you. This is your baby and therefore the choices should be yours.



Hospital funeral

A 'hospital' funeral is when the hospital in which you have given birth will handle all the arrangements for you. There is no formal service and no one but the professionals will attend, but we will use the term funeral for ease.

It is important to mention the costs will be covered by the local authority.

Things you can do

- See your baby in the chapel of rest (if applicable)
- Have special items placed with your baby
- Spend time making memories – i.e. Choosing an outfit and dressing your baby, reading them a story, taking hand and footprints, etc

Things you cannot do

- Choose the venue, time or day of the funeral
- Attend the funeral
- Decide on the method – i.e. burial or cremation

(please note this may be different depending on your local authority. Please do check with your hospital for the options they have.)

Private funeral

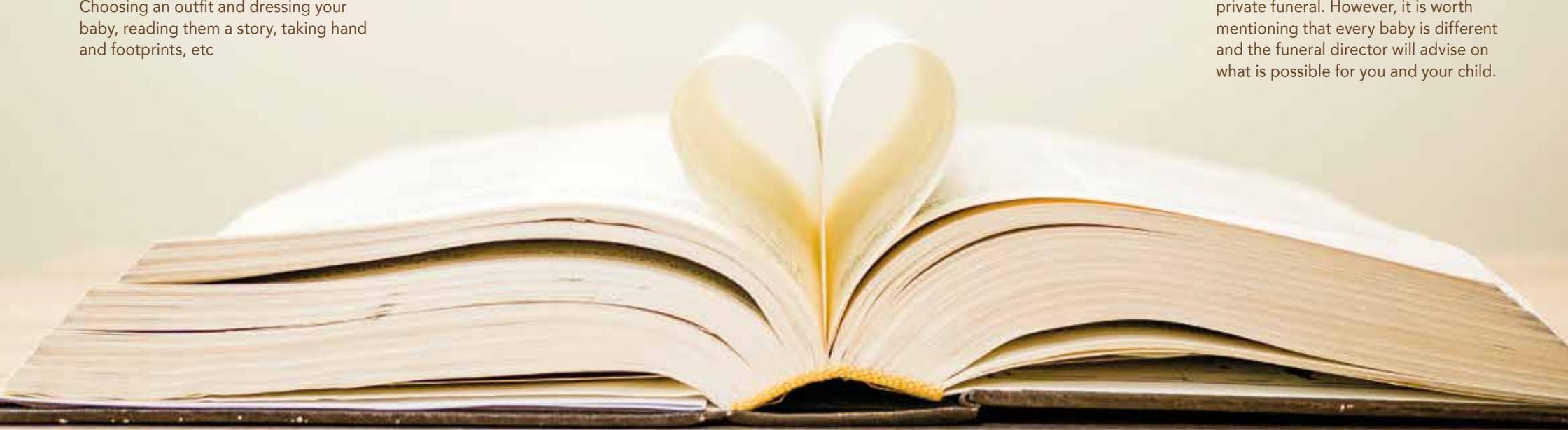
- A 'private' funeral means you are making private arrangements with a funeral director, rather than using the hospital's services. The term private refers to the arrangements rather than meaning that the funeral cannot be open to everyone.
- It is important to note that a private funeral may incur certain costs for the family, this is dependent on the arrangements you make.

Things you can do

- Choose the location, time and date
- Decide who leads the service – a minister or celebrant
- Choose what is said at the service
- Choose who attends
- Select personal music and hymns (if applicable)
- Request specific arrangements such as the type of vehicle your baby travels in
- Choose flowers
- Decide on the method – i.e. burial or cremation

Things you cannot do

- There is no real limitation on what you cannot do when you opt for a private funeral. However, it is worth mentioning that every baby is different and the funeral director will advise on what is possible for you and your child.



Burial

If you opt for a burial it is important to know all of your options.

A burial can take place at: -

- A baby garden – a communal grave for more than one baby. It is important to note here that you will not be able to have a headstone or decorate a specific area.
- A single plot grave – suitable for baby to be buried in.
- A family plot – a plot suitable for baby and then parents in later years. Typically two further burials.

There are various different types of burial grounds including those owned by your local council, privately owned sites or even a woodland setting. We recommend going to visit the places before you make a definite decision.

N.B not all cemeteries offer a baby garden or single plot facilities. Your funeral director will be able to advise you on this.

Cremation

If you opt for a cremation it is important you are aware of the following: -

These days most crematoria have the facility to ensure there are cremated remains, albeit a small amount. However, it is important to bear in mind that this is not always achievable, and in some cases there will be no cremated remains.

This booklet has been prepared and sponsored by Little Things & Co. – The baby bereavement charity.

Little Things & Co. is a registered charity (1165463) who provide emotional and practical support to anyone suffering the loss of a baby.

Little Things & Co. believes the bereavement care after losing a child should be seamless, thoughtful and helpful.

If you would like to discuss anything you have read within this booklet please do not hesitate to get in touch.

To find out more about the work they do visit **www.ltandco.org** or email **info@ltandco.org**

