

Time Alone with Baby

- Read a special story to your baby.
- Sing a lullaby or special song.
- Tell your child you love him/her.
- Make plaster hand and footprints with plaster of paris.
- Keep a memory box of mementos and imprint baby's hand and footprints on the inside of the lid with ink.
- Have ornaments made of hand and footprints.
- Snip off a lock of hair to keep.
- Hold baby up to your chest and close your eyes. Concentrate on this feeling.
- Rock baby.
- Take as many photos as you can. This is your only chance.
- Give baby a bath.
- Dress baby in a special outfit.
- Examine your baby's entire body.
- Kiss your baby's head, hands and feet.
- Have your child blessed or baptized.
- Keep all clothes, diapers, blankets and wristbands.
- Record your thoughts on paper.
- Describe in detail all your child's features.
- Take home video of your time with baby.
- Invite special friends and family to hospital.
- Sibling visitation and interaction is wholly up to the parent. Please consider this and make a decision on whether this is best for your family situation. You know your kids better than anyone.
- Have siblings and extended family hold baby.
- Get extra hand and footprints.
- Ask for a CD of music if the silence bothers you.