

n̄ilmtdts  
Now I Lay Me Down to Sleep

REMEMBRANCE  
PHOTOGRAPHY  
GUIDE FOR HOSPITALS



[nowilaymedowntosleep.org](http://nowilaymedowntosleep.org)

LOCAL DISPATCH NUMBER: \_\_\_\_\_

### *WHEN TO CONTACT US*

Please call between the hours of 7:00 am and 10:00 pm local time. You may call and leave a voicemail outside hours and it will be returned within 2 hours during volunteer hours. Please contact the dispatch number directly; only contact photographers themselves if you have not received a response from the dispatch number within 2 hours or if there is no dispatcher in your area.

### *GESTATIONAL GUIDELINE*

Our guideline for dispatching a volunteer photographer for a Now I Lay Me Down to Sleep session is that the baby be at least 22 weeks gestation. This is a flexible baseline from which medical professionals may deviate based upon their experience. It is possible that babies younger or older than 22 weeks would be either advisable or inadvisable. Babies younger than 22 weeks may be advisable if they have clearly developed features, like hands or feet. Even if this is not the case, photographers may also be able to take photographs of family with the baby swaddled, focusing on the relationship between baby and family, rather than baby's features themselves. When in doubt please call your local dispatch line to discuss options. The more information you can give the dispatcher, the better they will be able to find a photographer with appropriate experience for the baby's gestation age and family's needs.

### *STANDARD GIFT*

Our standard gift to families includes a free professional photography session with images that are gently retouched and converted to black and white or sepia, along with a print release.

Normal turn-around time for the families to receive their images from a NILMDTS photographer is 6-8 weeks on average, with the ability for memorial service images to be rushed. Images submitted for retouching only can take up to 12-18 weeks.

These images are delivered via an online gallery and they are able to download free digital files. Families also have the option to order a free photo album.

## QUESTIONS THAT MAY BE ASKED

When reaching out to request a photographer, your NILMDTS dispatcher may request the following information:

- Name and phone number of caller and family requesting services
- Hospital name and room number
- Patient's isolation status
- Gestational age
- Perceived emotional state of the family
- Baby's physical condition (i.e. — bruising, discoloration, malformation, skin tears, etc.)

## OFFERING PHOTOGRAPHY SERVICES TO BEREAVED FAMILIES

Contact a NILMDTS Affiliated Photographer AS SOON AS POSSIBLE upon finding out that your institution has a loss before presenting NILMDTS to your family. This will allow us more time to find a photographer for your family. Locate dispatcher and photographer contact information at:

[nowilaymedowntosleep.org/find-photographers](http://nowilaymedowntosleep.org/find-photographers)

Our goal is for all families in need of NILMDTS to be served with a photographic session. As a primarily volunteer organization, we unfortunately cannot guarantee that a photographer will be available to help every family. Occasionally, one of our volunteer photographers may not be available to take photographs. What can you, the medical professional, do in this situation?

### *IF A PHOTOGRAPHER IS UNAVAILABLE, HERE ARE SOME THINGS TO CONSIDER:*

1. Can the photographer help the family later in the evening or even the next day? Maybe at the funeral home? Our photographers are well equipped to take sessions up to days after birth, as our editing process can remove many effects of time.
2. Does your hospital department or the family member have a digital camera or cell phone? If so, begin taking photographs – and take many. To assist you, review our Posing Guide, located in this packet. Those photos can be submitted to us for professional retouching. Please use your camera's largest possible file settings.

3. Use the instructions below to submit photos to NILMDTS Headquarters for retouching services. A Digital Retouch Artist will then electronically send the family their completed images. NOTE: Our Parent Consent Form must be signed by the family.

## REQUESTING DIGITAL RETOUCHING

When a NILMDTS Affiliated Photographer is unavailable, we can still offer beautiful retouching of images taken by the family or hospital staff. To submit images:

1. Before sending images, back them up on your computer and save the pictures on a disk or memory card for your records.
2. **Please aim to submit up to 20 of the best images.** If possible, please submit images in a high-resolution format. Up to 20 images can be submitted for each baby. If there are duplicate or extremely similar poses, we will retouch the best quality one within that grouping. Please note: not every image will be edited. We select the highest quality images for best results. Out of focus images will be retouched to the best of our ability, however some may not be able to be retouched.
3. If you only have a printed photograph you can scan them in as high-resolution files at a print shop and send the high-resolution digital files to us. Please note: retouching results may be limited due to the loss of resolution and quality in the transition from print or film to digital.
4. All retouching requests **MUST** be submitted with the completed and signed Parent Consent Form. You can find this form on our website link here:

[nowilaymedowntosleep.org/forms/](http://nowilaymedowntosleep.org/forms/)

5. Once you have the digital photographs and the completed and signed consent form, please submit the photographs and form via the following form on our website link here:

[nowilaymedowntosleep.org/retouching-request](http://nowilaymedowntosleep.org/retouching-request)

Please note that it may take up to 12-18 weeks for retouching. If you have any questions or issues submitting, please contact us here: [retouching@nilmdts.org](mailto:retouching@nilmdts.org)



## SUGGESTED NILMDTS POSES

- Baby Alone
- Baby Alone, Hands
- Baby Alone, Feet
- Baby Alone, Ears & Hair
- Parent(s) with Baby

- All Hands Together
- Sibling(s) with Baby
- Extended Family with Baby
- Support Items In Room  
(additional suggestions below)

The suggested poses are merely an ideal photography list; rarely will you find a scenario where each of the items above can be checked off and accomplished. Refer to examples on the Posing Guide page.

### *SUPPORT ITEMS IN THE ROOM*

#### BABY CLOTHING

Examples: booties, hats, and baby outfits.

#### PARENT(S) JEWELRY:

Having a familiar object in the image like jewelry helps to provide “scale.” It is hard for parents to remember just how small their child was.

#### FAMILY MEMORABILIA:

Examples: flowers, religious momentos, baby blankets, stuffed animals, and any special gifts.

#### HOSPITAL MEMORABILIA:

Try to photograph all of the paper that is on or near the bed. Examples: birth or death certificate, parent(s) ID wristband, hand or footprints, and room signage.

# REMEMBRANCE PHOTOGRAPHY QUICK GUIDE

To find a NILMDTS Photographer, visit [nilmdts.org/find-photographers](http://nilmdts.org/find-photographers).  
Calls are answered between 7:00 a.m. - 10:00 p.m. local time.

When a NILMDTS photographer isn't available, please keep the following in mind:

## DO

- Get near a window
- Take photos before prints and molds
- Bathe the baby first (if conditions permit)
- Get heads close together
- Use supported positions and build a nest
- Think outside the box for light-window light, delivery room lights, lamps, windows, etc.
- Make sure you focus on the actual subject
- Normalize the idea of photography to parents

## DON'T

- Use direct-to-the-face lighting
- Get in too close (leave room for cropping)
- Forget jewelry, room signs, flowers, stuffed animals, memory items
- Cross arms on the chest
- Forget to remove background distractions and use a solid color backdrop if possible
- Forget to take photos of baby swaddled for babies in less than ideal condition.

## TECHNICAL DETAILS

- The best light comes from a 45\* angle and from above the baby's head
- Set your camera to Shutter Priority (TV or S on most models)
- Set the shutter speed at 1/125 (consult your camera's manual)
- Let the camera do the rest

## POSES

- Baby Alone (don't forget tiny details, like ears, hands, and feet)
- Parent and Baby
- Partner and Baby
- Parents and Baby
- Siblings with Baby
- Extended Family with Baby
- Support Items in the Room

Please submit photos for retouching through your volunteer account at:  
[volunteers.nowilaymedowntosleep.org](http://volunteers.nowilaymedowntosleep.org)



BABY ALONE



PARENT AND BABY



PARENTS WITH BABY



SIBLINGS WITH BABY



ENTIRE FAMILY WITH BABY



EXTENDED FAMILY WITH BABY

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# POISING GUIDE



TINIEST FEATURES



MULTIPLE BABIES



IMPLIED BABY



BABY ON LIFE SUPPORT



SUPPORT ITEMS

FOR MORE INFORMATION  
ABOUT OUR MEDICAL AFFILIATE PROGRAM  
[nowilaymedowntosleep.org/medical](http://nowilaymedowntosleep.org/medical)

FOR MORE INFORMATION  
ABOUT RETOUCHING ASSISTANCE  
[nowilaymedowntosleep.org/retouching/medical](http://nowilaymedowntosleep.org/retouching/medical)

## REMOVAL OF LIFE SUPPORT

These cases are often the most difficult to coordinate and manage for nurses, social workers, and photographers. We never want the family to feel they have to immediately withdraw support due to a photographer's arrival. We also want to respect our photographer's time and emotional health so they can continue to serve many families in the future. With careful considerations made for a family and for our photographers, we suggest choosing one of two options for photography services in the case of removal of life support:

1. Before removal: If the family only wants photographs of the baby while he/she is living, this is the best option. The photographer will capture professional images while working around the medical equipment.
2. After removal (suggested): If the family does not want medical equipment in the photographs, this is the best option. We will do our best to have a photographer on call during a window of time and will stay in communication with medical personnel so that we can dispatch a photographer after removal has taken place. We have found that it is often ideal to wait until the baby has passed away to create the images. The baby can then be held in their parents' loving arms, the family has had a chance to privately grieve, and the photographer does not have concerns about causing the baby additional distress during the session.

If the family feels strongly that they want photographs both before and after removal, then we ask that a nurse or family member take photos before removal and call a photographer to capture photos after removal. Our volunteers are usually happy to edit a small selection of photos taken by others.

## NILMDTS MEDICAL AFFILIATE PROGRAM

***As one of the few people who see and hold bereaved parents' babies,  
you are able to offer a treasured gift of portraits to parents.***

Now I Lay Me Down to Sleep is currently offering a continuing education course for members of the medical community. Find out more on our website link here:

[nowilaymedowntosleep.org/medical/continuingeducation/](http://nowilaymedowntosleep.org/medical/continuingeducation/)

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## Continuing Education Course



### REMEMBRANCE PHOTOGRAPHY AS A BEST PRACTICE IN PERINATAL LOSS POPULATIONS

Now I Lay Me Down to Sleep would like to share with the medical community our commitment to serving families that are experiencing the unimaginable by making our continuing education course available to providers everywhere.

NILMDTS is currently offering this Continuing Education Course for \$50.00.

For more information and to join us  
as a NILMDTS Medical Affiliate, please visit  
[nowilaymedowntosleep.org/medical](http://nowilaymedowntosleep.org/medical)

This nursing continuing professional development activity was approved by Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

“  
*This course was AMAZING.  
Way more detailed,  
educational and helpful that  
I could have ever imagined.  
Everyone did a great job  
discussing and teaching  
in such a sensitive subject  
matter area.*”

