

ORCHESTRA FOR OLIVER

Even the Shortest Lives Are Special

Resource for parents who have received
a prenatal diagnosis

“Before I formed you in the womb,
I knew you” (Jeremiah 1:5).

Prayers

Here are some prayers you can use with your child(ren):

Prayer When Making Memories with My Baby Sister/Brother

Dear God, my family is making memories with my baby sister/brother, *(name)* _____. I'm so happy to be with my family. Thank you for the time we have with *(name)* _____.

Prayer for My Baby Sister/Brother

Dear God, please take care of my baby sister/brother, *(name)* _____. I know you always hear my prayers. I would be so happy if you would work a miracle so that *(name)* _____ will be all better. I know you love *(name)* _____ even more than I do, so I trust that your plan is best, whatever happens.

Prayer of Gratitude for My Baby Sister/Brother

Dear God, thank you for creating my baby sister/brother, *(name)* _____. Thank you for giving *(name)* _____ life. Thank you for the time we have with *(name)* _____. I want to always remember this beautiful gift.

Making Memories

Here are some ideas for ways you can make memories during the life of your baby.

- Mark on a map each place you go as you make memories as a family, perhaps finding a small memento each time and saving them in a memory box.
- Take photos of each place you go, print them, and put them in a scrapbook. Also take photos and video of everyday life during that time.
- Read, or have the baby's older sibling(s) read, their favorite book to the baby. You can video them doing so and make an inscription in the book.
- Have each child write a letter or draw a picture for the baby and put them in the memory box.
- If you knit or crochet (or know someone who does), make a matching set of hats for the baby and all the family members.
- Press flowers and leaves from the seasons of your baby's life and put them in a scrapbook. You can also use the pressed flowers to decorate mementos later.

Support and Resources

Please know that there are many who want to support you on this difficult journey!

- If you have received a prenatal diagnosis and are looking for assistance in continuing your pregnancy, visit <https://prenataldiagnosis.org/> for a referral to a parent care coordinator.
- Read neonatologist Dr. Martin McCaffrey's encouraging and informative communication to parents in a similar situation to those of Oliver, who carry the sorrow of a prenatal diagnosis of their baby: https://import.cdn.thinkific.com/640111/RLgrsLvTEmda2SZeNiKz_Letter%20to%20Expectant%20Parents-by-Dr.-McCaffrey.pdf
- If you would like to inform yourself about a Catholic understanding of ethics in the face of a life-limiting prenatal diagnosis, here is a helpful article on the subject: <https://benotafraid.net/wp-content/uploads/2021/09/BNA-Ethics-Document-2021.pdf>
- If you would like to study important research in the areas of prenatal testing and diagnosis, there are numerous article links here: <https://www.benotafraid.net/pages/research-and-resources>
- If you are facing a tough ethical decision related to your health or your baby's, and would like advice that is in accord with the moral teachings of the Catholic Church, you may request a free personal ethics con-

Orchestra for Oliver: Even the Shortest Lives Are Special may be purchased from www.paulinestore.com.