

Grief support

The loss of a baby is a deeply personal and life changing experience, and no family should have to face it alone. We encourage parents and whānau to reach out to Sands New Zealand, a nationwide, volunteer run network offering understanding, information, and support to those affected by the death of a baby.

Whether through peer groups, phone support, or online connection, Sands provides a safe space to share, remember, and find comfort in the company of others who understand. Visit www.sands.org.nz to learn more.

You are also welcome to contact us at Harbour City Funeral Home at any time if you would like to talk about your options, or the support available to you.



*If there ever comes a day
when we can't be together,
keep me in your heart,
I'll stay there forever.*

— Winnie The Pooh



Wellington

56 Onepu Road, Kilbirnie
Phone: 387 8301

Lower Hutt

665 High Street, Lower Hutt
Phone: 570 0111

Upper Hutt

674 Fergusson Drive, Upper Hutt
Phone: 528 8924

Kāpiti Coast

300 Kāpiti Road, Paraparaumu
Phone: 298 4888

hcfh.co.nz

For parents who have lost a baby

Information on funerals



This information is here to gently explain some of the choices and support available to you, and to let you know that you do not have to make decisions alone.

About your baby's funeral

We gently encourage all families to take time to carefully consider their options when deciding whether to hold a funeral service.

Acknowledging the birth of your baby, however difficult this may feel is an important step. In doing so, you may also begin to acknowledge the loss you are experiencing.

Grief is very real, and creating space for a small service or gathering can provide an opportunity to honour your baby and recognise your feelings. Many families find that taking this time can offer support and comfort in the months and years ahead.

A service can also be a meaningful way to include those who are important to you, including other children and extended family. Children, in particular, may have questions, and sharing this time together can help answer them with care and sensitivity.

When we speak with you, we may refer to whether your baby was born alive or to the stage of pregnancy at the time of birth. This is because different legal requirements apply depending on your baby's gestation and whether they showed signs of life, even if only briefly.



Your choices

There is no right or wrong way to say goodbye to your baby. We are here to support you and talk through the options that feel right for you and your whānau, including:

- Spending time with your baby whether at the hospital, in our funeral home, or at home.
- Holding a service, or choosing a quiet and private time with close whānau.
- Deciding between burial or cremation, in line with what is legally possible for your situation.

If you wish, we can also assist with creating meaningful memories, such as photographs, hand and footprints, or a lock of hair.

Please feel free to contact us at any time if you have questions or would like to talk things through. We are here to support you and will do everything we can to assist with any arrangements.

We will work alongside you, your whānau, and any cultural or faith leaders to honour your baby in a way that feels right for you. There is no need to make decisions quickly. We will move at a pace that feels comfortable and manageable for you.

Costs involved

Harbour City Funeral Home does not charge a professional service fee* for children's funerals. However, the following costs may be incurred for a funeral service: casket, flowers, balloons, catering, service sheets, venue hire, remembrance book, celebrant/ministers' fees, and crematorium or burial fees.

Work and Income New Zealand

There is a WINZ funeral grant available to parents of babies who have lived 20 weeks in gestation, weigh 400 grams or more, or take a breath at the time of birth.

We can help you complete the application forms and send them to Work and Income on your behalf. If the grant is accepted, we will keep any difference between the cost of disbursements and the grant, which we use to partially cover our Professional Services*.

If the grant is declined, or your income is above the threshold, we will not charge a Professional Service Fee.