



STAR LEGACY
FOUNDATION

A Resource Guide for Families

Provided by

Star Legacy Foundation Greater Kansas City Chapter

*This resource guide was compiled by parents and families of stillborn babies in your area. We want you to know that **you are not alone**, and though it may be difficult to reach out at this time, we found that the following resources offered comfort and support in our time of need.*

Chapter Contact Information:

PHONE: 952-715-7731 ext. 737

EMAIL: greaterkansascity@starlegacyfoundation.org

WEBSITE: <https://starlegacyfoundation.org/chapter/kansas-city/>

FACEBOOK: <https://www.facebook.com/SLFgreaterkansascity>

INSTAGRAM: <https://www.instagram.com/greaterkansascity/>

CONTENTS

| | |
|---|----|
| 1. BEFORE DELIVERY CHECKLIST | 3 |
| 2. AFTER DELIVERY CHECKLIST | 4 |
| 3. MAKING MEMORIES WITH YOUR BABY AT THE HOSPITAL | 5 |
| 4. PHOTOGRAPHY | 6 |
| 5. MN CERTIFICATE OF STILLBIRTH | 6 |
| 6. FINDING ANSWERS/TESTING OPTIONS | 7 |
| 7. ORGAN DONATION | 7 |
| 8. FUNERAL/BURIAL INFORMATION | 8 |
| 9. SUPPORT GROUPS AND PHONE SUPPORT | 8 |
| 10. LOCAL PROFESSIONAL SUPPORT | 9 |
| 11. LACTATION AFTER LOSS | 9 |
| 12. FINANCIAL ASSISTANCE | 10 |
| 13. LOCAL ORGANIZATIONS AND EVENTS | 10 |
| 14. KEEPSAKES | 11 |
| 15. ADDITIONAL RESOURCES | 11 |

1. BEFORE DELIVERY CHECKLIST

Consider asking family members or hospital staff to assist you with any/all of these items.

| ✓ | TO-DO LIST | ADDITIONAL INFORMATION |
|---|--|---|
| | 1. Contact a professional photographer | <ul style="list-style-type: none"> • NILMDTS • Have someone other than the parents call if possible to let them know the circumstances and potential time frame |
| | 2. Contact local funeral homes | <ul style="list-style-type: none"> • Discuss finances • Cremation vs. burial • Financial assistance is available for those who qualify. See our FINANCIAL ASSISTANCE section for more details |
| | 3. Make a decision about having an autopsy, genetic testing, etc. | <ul style="list-style-type: none"> • Read SLF resources • Determine costs covered by the hospital • Discuss with your providers • Request to speak with the pathologist if you have any questions • Sending your placenta for testing can be done with or without an autopsy • An autopsy may help you find answers if having children after your loss is something that may be an option |
| | 4. Complete the Kansas Application of Stillbirth 5. Complete the Missouri Application of Stillbirth | <ul style="list-style-type: none"> • Request that a notary come while you are in the hospital. • Request that the hospital social worker help you complete the form if you need assistance. • Complete this form so you have it. You can make the decision to mail it in at a later time. |
| | 6. Make a decision about organ donation | <ul style="list-style-type: none"> • Decide if organ donation is an option and if this is something you and your family would like to consider. |

2. AFTER DELIVERY CHECKLIST

Consider asking family members or hospital staff to assist you with any/all of these items.

| ✓ | TO DO LIST | ADDITIONAL INFORMATION |
|---|---|--|
| | 1. Make memories with your baby | <ul style="list-style-type: none"> Utilize this precious and limited time with your beautiful baby/babies. |
| | 2. Reach out to your professional photographer ASAP | <ul style="list-style-type: none"> Ask for whatever pictures you would like Consider taking family pictures with grandparents, living children, etc. |
| | 3. Contact the funeral home you selected to finalize arrangements | <ul style="list-style-type: none"> If you decide on an autopsy, discuss this with your funeral director. A viewing should still be an option. |
| | 4. Decide how you would like to address your milk production | <ul style="list-style-type: none"> Donate milk Save some milk to make jewelry Cabocreme – to help with ending milk production |
| | 5. Ask someone to create a meal train or for when you return home from the hospital | <ul style="list-style-type: none"> www.mealtrain.com |

3. MAKING MEMORIES WITH YOUR BABY AT THE HOSPITAL

*Below you will find a list of some of the things other families have done with their baby(ies) during their hospital stay. If you are lacking resources, please consider asking the hospital staff for donated items or asking a family member or friend to make a trip to the store to purchase items for you. Most importantly, **take your time when making decisions and be kind to yourself.***

- Name your baby
- Hold and touch your baby
- Kiss and hug your baby
- Request skin to skin contact after your baby is born
- Let family and friends hold and meet your baby
- Ask hospital staff for weight/height/head circumference measurements
- Ask hospital staff to fill out a crib card
- Ask hospital staff for name bands for your baby
- Handprint/footprint cards (have multiple made if possible)
- Hand/foot molds (Crayola model magic works well)
- Lock of hair keepsake
- Bathe your baby (ask for assistance if needed)
- Take photos of labor/delivery/your baby (every part of their body)
- Request professional photographs
- Take videos
- Journal (in writing/videos)
- Religious rituals (ex: baptism, etc.), ask for the hospital Chaplain
- Watch sports games on television with your baby
- Play music
- Read books
- Dress your baby
- Make a memory box or a memory book

4. PHOTOGRAPHY

Pictures and videos are precious memories you will have with your baby. We understand that during the grieving process this may feel very heavy on your heart. Even if you do not want to take photos or videos at this moment in time, please ask the hospital staff to do this for you.

- Now I Lay Me Down to Sleep (free remembrance photographers and photo retouching)
www.nowilaymedowntosleep.org

5. KANSAS OR MISSOURI CERTIFICATE OF STILLBIRTH

*If your baby passes away before birth, you sadly will not receive a birth certificate. However, KS offers a Certificate of Stillbirth. Please note that families are eligible for a KS Certificate of Stillbirth only if their baby has passed away **after 20 weeks gestation**.*

We gently recommend that even if you do not decide to send in the application, you complete this with the hospital staff as a notary is needed to complete the form.

Make sure you request a copy of the fetal death certificate from the funeral home that you use.

Application:

[Complete the Kansas Application of Stillbirth](#)

[Complete the Missouri Application of Stillbirth](#)

6. FINDING ANSWERS/TESTING OPTIONS

We understand the thought of finding out why your baby has passed away can be overwhelming. Since many of the tests are time sensitive, we believe in giving you the best resources as soon as possible so it can help you to make a decision.

- <https://starlegacyfoundation.org/finding-answers/>
- An autopsy can be helpful if you would like to have a subsequent pregnancy.
- We have found that families who have an autopsy performed do not regret their decision but sometimes families regret not having an autopsy performed due to lack of answers.
- We gently encourage families to request that at minimum, their placenta be sent away for pathology testing (different from an autopsy).
- If you are struggling with making a decision regarding an autopsy, you can always request to speak with your OB provider or possibly the pathologist performing the autopsy.
- We also encourage a family member to reach out to your insurance for you to discuss coverage.

- If you would like help making a decision by speaking with a fellow bereaved parent, please email memphis@starlegacyfoundation.org.
- Article written by Lindsey Wimmer, MSN, CPNP to help answer questions you may have: <http://starlegacyfoundation.org/my-baby-is-dead-what-happened/>

To connect with a perinatal pathologist for further testing/information please reach out to us to be paired with one.

7. ORGAN DONATION

We recognize that organ donation is a highly personal and difficult decision. If you would like to consider organ donation, please speak with your health care provider to find out if this is an option for your family during this difficult time.

- Midwest Transplant Network: [About Donation – Midwest Transplant Network](#)

8. FUNERAL/BURIAL INFORMATION

Many local funeral homes offer free/reduced cost services for infants. Inquire at funeral homes in your area to see what options they offer.

Planning a Funeral for a Baby Resource: <https://www.themorning.com/baby-funeral/>

In the Light Urns: (infant specific urns) <https://www.inthelighturns.com/youthful.html>

Heaven’s Gain Ministries: <https://heavensgain.org/>

Alexandra’s House Kansas City: <https://www.alexandrashouse.com/contact-us>

| | |
|--|---------------------|
| Amos Funeral Home, Shawnee, KS | 913-631-5566 |
| Penwell Gabel Funeral Home, Olathe, KS | 913-768-6777 |
| Porter Funeral Home, Kansas City and Lenexa, KS | 913-621-6400 |
| Speaks Suburban Chapel and Funeral Home, Independence, MO | 816-373-3600 |
| Meyers Funeral Home, Blue Springs and Parkville, MO | 816-741-0251 |
| Cremation Society of Kansas City, Overland Park, KS | 913-296-7007 |
| Kansas City, MO | 816-822-9888 |

9. SUPPORT GROUPS AND PHONE SUPPORT

All the perinatal bereavement support listed here is completely free of charge.

Local in Person Support Groups

- **AdventHealth Shawnee Mission Pregnancy and Infant Loss Support Group**, 9100 W 74th St, Merriam, KS Group meets the 1st and 3rd Thursdays each month from 7-8pm in the Community Education Room inside the Main Hospital Entrance. Call or email Tricia Rausch for more information, 913-632-4223 – tricia.rausch@adventhealth.com
- **AdventHealth Shawnee Mission Pregnancy After a Loss Support Group**, 9100 W 74th St, Merriam, KS Group meets the 2nd and 4th Sundays each month from 4-5pm in the Community Education Room inside the Main Hospital Entrance. Call or email Tricia Rausch for more information, 913-632-4223 – tricia.rausch@adventhealth.com
- **Infant Loss Resources**, Midtown Baptist Temple, 3953 Walnut, Kansas City, MO www.infantlossresources.org Check website for group info.
- **Alexandra's House**, 638 W 39th Terrace, Kansas City, MO 816-931-2539 Please call if you plan to attend. Website: www.alexandrashouse.com
- **You Made Me Mom**, 3rd Thursday of every month from 7-9pm, email Amy for address information, Amy@youmadememom.com visit their website at www.youmadememom.com
- **BLOOM – A Pregnancy & Infant Loss Support Group**, North Kansas City Public Library, 1st Thursday of each month from 7-8:30pm, for more information email info@emilias-wings.org

Phone/Text Support

- Star Legacy Foundation phone support: 952-715-7731 ext. 1
- Star Legacy Foundation text support: send 'Help' to 952-715-7731
- Suicide & Crisis Hotline 24/7: Dial 988
- Volunteer Crisis Counselors 24/7: Text HOME to 741741
- National Maternal Mental Health Hotline 24/7: Call or Text HOME to 833-943-5746

Star Legacy Foundation Memphis Peer Support/Peer companion

- Be matched with a peer companion (a fellow parent or grandparent who has lost a baby and received specialized training in grief support) who can offer support at any time during your loss.
- www.tinyurl.com/SLFpeersupport

Star Legacy Foundation Online Support Groups

- <http://starlegacyfoundation.org/support-groups/>

Postpartum International Support Groups

- <https://www.postpartum.net/get-help/psi-online-support-meetings/>

Chasing the Rainbows:

- <https://chasingtherainbows.org/>

Faith's Lodge:

- <https://faithslodge.org/>, <https://faithslodge.org/>
 - Book a retreat: <https://faithslodge.org/child-loss-retreats/#register>

10. PROFESSIONAL SUPPORT

This website allows you to search for local providers who are accepting patients as well as filter based on individual needs (insurance, location, etc.) www.psychologytoday.com/us

- **IRIS Mental Health and Wellness**
 - <https://www.irismentalhealthmn.com/>
- **A Bed For My Heart**
 - <https://abedformyheart.com/heart-to-heart-grief-coaching/>
- **Tricia Rausch – Perinatal Bereavement Coordinator at AdventHealth Shawnee Mission**
 - Will assist you in finding local therapist and support

11. LACTATION AFTER LOSS

As mothers who have experienced a stillbirth, we know the pain of having your milk come in shortly after saying goodbye to your baby.

- **Resources:**
 - <https://starlegacyfoundation.org/lactation/>
 - <https://illusa.org/lactation-after-loss/>
 - <http://www.emptyarmsbereavement.org/lactation-support-after-loss>
 - **Ending Milk Production:** <http://www.cabocrema.com/>
- **Donation:**
 - Human Milk for Human Babies Facebook Group:
<https://www.facebook.com/groups/374820809726184>
- Please see the KEEPSAKES tab for options you have with breastmilk jewelry

12. FINANCIAL ASSISTANCE

There are organizations that can assist with funeral/burial expenses for those who qualify.

- o Alexandra's House www.alexandrashouse.com

13. LOCAL EVENTS

- **Please follow us on Facebook and Instagram @SLFMemphis for our annual events and other local events(walk, bereaved mothers day)**
- Participate in the "Wave of Light" on October 15th by lighting a candle at 7 PM in all time zones, all over the world. Keep your candle burning for at least an hour, which will create a wave of light over the entire world.
 - o [International Wave of Light](#)



14. KEEPSAKES

- Collection of keepsakes: https://store.starlegacyfoundation.org/?b_product_cat=118
- A Bed For My Heart: <https://abedformyheart.com/motherofallmothers/>
- M.E.N.D.: An extensive compilation of miscarriage, stillbirth, and infant loss keepsakes <https://www.mend.org/keepsakes/>
- The Cooper Project (remembrance necklace, free) <https://www.facebook.com/thecooperproject141/>
- Molly Bears (weighted teddy bears, \$20) www.mollybears.com
- Held Your Whole Life (remembrance jewelry, free but pay \$5 shipping fee) www.heldyourwholelife.com
- Forever Heart (baby memory book specific for baby loss, \$5)
- The Midnight Orange (handmade loss sculptures) <https://www.etsy.com/shop/TheMidnightOrange>
- Oregon Du Drops (rainwater keepsakes by date/month) <https://oregondudrops.com/>
- Breast Milk/Hair/Ashes Jewelry
 - www.beyondthewillowtree.com/
 - www.laitdelavie.com
 - www.mammasliquidlove.com
 - www.breastmilkjewelry.com/
- Thumbies (finger/hand/foot print keepsakes) <https://www.meadowhillco.com/>
- Free Photo Retouching, see our PHOTOGRAPHY section in this Resource Guide

15. ADDITIONAL RESOURCES

Please visit <https://starlegacyfoundation.org/resources/> for other resources including but not limited to:

- online readings and resources
- songs
- podcasts
- films
- books