

AFTER YOUR LOSS...

A RESOURCE GUIDE FOR FAMILIES

Provided by Star Legacy Foundation Sandhills NC 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.

Please do not hesitate to contact us with any questions, for additional support or if you have anything you would like added to this resource guide:
952-715-7731 ext. 729 OR sandhillssc@starlegacyfoundation.org

An electronic copy of this resource packet can be found here:
<http://starlegacyfoundation.org/sandhillssc>

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BEFORE DELIVERY (IF POSSIBLE) 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"> ★ Now I Lay Me Down To Sleep ★ Have someone other than the parents call if possible, to let them know the circumstances and potential timeframe
	2. Determine your birth plan	<ul style="list-style-type: none"> ★ You may have the option to leave the hospital and come back to be induced ★ You may alter pain management options depending on the circumstances. Talk to your doctor about options available ★ Talk to hospital staff about flexibility for visitors and/or privacy options
	3. Contact professional or peer support to help you through labor and delivery*	<ul style="list-style-type: none"> ★ Doula ★ Peer Companion ★ Counselor/Therapist
	4. 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
	5. Make a decision about having an autopsy, genetic testing, etc.*	<ul style="list-style-type: none"> ★ Read SLF brochure ★ Determine costs covered by the hospital ★ Discuss with hospital staff ★ Request to speak with the pathologist if you have any questions

***Visit each tab in this Resource Guide for additional details and information.**

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*	★ Utilize this precious and limited time with your beautiful baby/babies.
	2. Reach out to your professional photographer ASAP	★ 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	★ 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*	★ 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	★ www.mealtrain.com
	6. Contact a professional therapist and schedule your first appointment	★ Ask about costs and if insurance is accepted

***Visit each tab in this Resource Guide for additional details and information.**

1. MAKING MEMORIES WITH YOUR BABY

*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 (see the Photography section)
- ★ 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

2. PERINATAL BEREAVEMENT SUPPORT (ONLINE)

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

Star Legacy Foundation Sandhills NC Peer Companion Program (Free)

- ★ Be matched with a peer companion (a fellow parent who has lost a baby and received specialized training in grief support) who can offer guidance and emotional support, in person, over the phone, or over email at any time during your loss.
- ★ Call (952) 715-7731, ext. 2 or email peercompanions@starlegacyfoundation.org and a companion will contact you ASAP.

Star Legacy Foundation Online Support Groups (Free)

Star Legacy Foundation provides free, live, interactive, online support groups for families who have experienced a perinatal loss and for individuals experiencing a pregnancy after a loss. Groups are held via HIPAA-compliant videoconferencing and facilitated by trained mental health professionals. You do not need a video camera on your computer to attend but it is very helpful if you do. **Registration required for first session only – after that participants will receive a reminder email prior to each session.**

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

Please note that the website above has the most updated dates/times each session meets.

BEREAVED PARENTS OF PERINATAL LOSS

- This group is for parents who have lost a baby to pregnancy or neonatal loss.

DADS GRIEF DISCUSSION GROUP

- This group is designed specifically for dads

GRANDPARENTS & EXTENDED FAMILY

- This groups is designed specifically for grandparents and extended family

COPING WITH INFANT DEATH

- This groups is designed specifically for individuals who have lost an infant

PARENTING AFTER LOSS

- This group is for parents who are raising a rainbow (child born after a loss) or sunshine baby (child born before a loss)

PREGNANCY AFTER A LOSS

- This group is for parents currently in a pregnancy following a prior loss

3. PERINATAL BEREAVEMENT SUPPORT (LOCAL IN PERSON)

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

Local Support Groups

★ **Star Legacy Foundation (Free):**

- Monthly meetings vary in locations across the Sandhills.
- Contact Person: Brittany (910) 990-6682

★ **Compassionate Friends (Free):** www.tcffayetteville.org

Contact Person: Cindy (910) 391-0779

- Meetings are the 1st Tuesdays of each month at 7:00pm
 - Location: 2817 Fort Bragg Rd Fayetteville, NC 28303
- The Compassionate Friends is a nonprofit, self-help support organization for families who have experienced the death of a child of any age from any cause. There is no religious affiliation or membership requirements.

★ **Elliott's Embrace (Free):**

- Monthly meetings are held in the Lumberton area.
- Contact Person: Ashleigh (910) 316-5931
- Elliott's Embrace is a nonprofit support group geared towards pregnancy and infant loss. It was started in memory of Cameron "Elliott" Windley, Jr by his parents Ashleigh and Cameron.

4. PHOTOGRAPHY

- ★ **Now I Lay Me Down to Sleep** (free remembrance photographers)
www.nowilaymedowntosleep.org

5. BEREAVEMENT DOULA

- ★ **Still Birth Day** (Still Birth Day is a group of traditional doulas who have received additional training for bereavement situations.)
 - www.stillbirthday.com

6. BREASTMILK DONATION AND ENDING MILK PRODUCTION

As mothers who have experienced a stillbirth, we know the pain of having your milk come in shortly after saying goodbye to your baby. Please know that if you wish, you have the option of donating your milk to infants in need.

- ★ WakeMed Mothers' Milk Bank:
 - Address: 1900 Kildaire Farm Rd Cary, NC 27518.
 - Phone: (919) 350-8599 and email: mothersmilkbank@wakemed.org
- ★ Ending Milk Production with **CaboCreme**: If and when you decide that you would like to stop producing milk, many mothers have found that CaboCreme is helpful. This product is concentrated cabbage extract in a lotion base that will help suppress lactation. For women who are currently producing milk, it will reduce engorgement and speed up the milk drying up. For women who have recently given birth but will not be nursing, it can prevent or minimize milk coming in. A single tube of cream is usually sufficient to completely suppress milk for loss mothers if started early and used regularly.

Purchase using any one of these link:

- SLF Store: <https://tinyurl.com/ydy9lqpk>
 - Amazon: <https://tinyurl.com/y7kzu3do>
 - CaboCreme: <http://www.cabocreame.com/>
- ★ Please see the KEEPSAKES tab for options you have with breastmilk jewelry

7. FINDING ANSWERS

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. Please request a copy of our pamphlet, *Finding Answers*, for more details.



Below you will find the different testing options you may have. Please discuss these options with your health care provider since costs and medical history may determine what testing you can request.

- Detailed pregnancy history
- Physical examination of the baby
- Maternal blood tests
- Placenta and umbilical cord pathology
- Medical imaging
- Genetic testing
- Partial autopsy
- Full autopsy

★ Article written by Lindsey Wimmer, MSN, CPNP:

<http://starlegacyfoundation.org/my-baby-is-dead-what-happened/>

Dr. Harvey Kilman, 203-785-7642

- Contact Dr. Kilman if you would like him to perform testing and/or review testing.
- <https://medicine.yale.edu/obgyn/kilman/placenta/pregnancyloss/>

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>

9. FINANCIAL ASSISTANCE

Several organizations can assist with funeral/burial expenses for those who qualify. Your hospital may also be able to provide assistance based on need.

- ★ **Cael's Angels:** <https://caelsangels.org/>
 - Cael's Angels Association is dedicated to raising awareness and support for bereaved families while helping with the unanticipated expenses of a stillbirth
 - Application: <https://caelsangels.org/requestassistance/>
- ★ **Angel Name Association:** www.angelnames.org, 518-654-2411
 - ANA's SEOLE Program provides financial assistance for families of stillborn children. Through this program ANA is able to assist with expenses related to: autopsy, funeral/burial, cremation, cemetery plot, and headstone/monument
 - Application: http://angelnames.org/wp-content/uploads/2016/07/RFA-FORM-with-FAQ-on-p1_2015.pdf
- ★ **The Tears Foundation:** www.thetearsfoundation.org
 - The TEARS Foundation seeks to compassionately lift a financial burden from families who have lost a baby by providing funds to assist with the cost of burial or cremation services.
 - Application: <https://fs22.formsite.com/thetearsfoundation/form16/index.html>
- ★ **The Pink Zebra Club:** <http://thepinkzebraclub.com/>
 - The Pink Zebra Club recognizes and supports the families of children with critical medical needs, both while experiencing long term NICU stays and in the face of infant loss.

10. MILITARY MEMBER INFORMATION

- ★ **Family SGLI (Life Insurance)**
 - Life Insurance for a member's child is added automatically at birth and in the event of a stillbirth, it is also active. Currently the stipulations appear to be that the baby be either over 20 weeks gestation or weigh over 350 grams.
 - The Servicemember should contact his/her personnel support who will contact the applicable Casualty Office so it can aid the Servicemember in proceeding with the FSGLI claim.

11. LOCAL EVENTS

Please search online for up-to-date information about any Star Legacy Foundation events. <http://starlegacyfoundation.org/events/>

- ★ Star Legacy Foundation Sandhills NC Chapter: Bowl for Babies in October. For more information, visit www.bowlforbabies.org. Have your baby honored at the event by contacting sandhillsc@starlegacyfoundation.org.

- ★ Cape Fear Valley Health Foundation: Remembrance Walk October 11th at Hope Mills Park.
- ★ Womack Army Medical Center: A Walk To Remember on October 15th. The one mile walk will start in front of the hospital on Fort Bragg.
- ★ 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.

For more information and events that may not be listed here, visit our Star Legacy Foundation- Sandhills Chapter Facebook page.

12. KEEPSAKES

- ★ 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
 - <https://babybeehummingbirds.com.au/>
 - www.breastmilkjewelry.com/
- ★ Thumbies (finger/hand/foot print keepsakes) <https://www.meadowhillco.com/>
- ★ Three Wren Floral Preservation (local): <https://ThreeWrenFloral.com>

13. ONLINE READING & RESOURCES

Organizations & Publications

- ★ Star Legacy Foundation www.starlegacyfoundation.org
- ★ Stillbirth Matters (Star Legacy Foundation Blog): www.stillbirthmatters.org
- ★ MISS (Mothers in Sorrow & Sympathy) Foundation www.missfoundation.org
- ★ Return to Zero Center for Healing www.returntozerohealingcenter.com
- ★ Still Standing Magazine www.stillstandingmag.com
- ★ Glow in the Woods www.glowinthewoods.com
- ★ Faces of Loss www.facesofloss.com
- ★ Grieving Dads www.grievingdads.com
- ★ Carly Marie Project Heal www.carlymarieprojectheal.com
- ★ Hope After Loss www.hopeafterloss.org
- ★ Stories of Babies Born Still: <https://storiesofbabiesbornstill.org/>
- ★ Still Birth Day www.stillbirthday.com
- ★ Unspoken Grief www.unspokengrief.com
- ★ Seleni Institute www.seleni.org/advice-support/miscarriage-child-loss
- ★ Anchors for Hope www.anchorsforhope.org
- ★ Through the Heart www.throughtheheart.org
- ★ October 15th Pregnancy & Infant Loss Remembrance Day www.october15th.com
- ★ Still Mothers: Living Childless After Loss www.stillmothers.com
- ★ CLIMB (Center for Loss in Multiple Births) www.climb-support.org
- ★ A Heartbreaking Choice (medical interruption of pregnancy) www.ahartbreakingchoice.com
- ★ PALS (Pregnancy After Loss Support) www.pregnancyafterlosssupport.com
- ★ Compassionate Friends www.compassionatefriends.org/
- ★ Bereaved Parents of the USA www.bereavedparentsusa.org
- ★ Global Alliance to Prevent Prematurity and Stillbirth www.gapps.org

Recommended Personal Blogs

- ★ By the Brooke www.bythebrooke.blogspot.com
- ★ Scribbles and Crumbs www.scribblesandcrumbs.com
- ★ Happy Sad Mama www.happy-sadmama.blogspot.com
- ★ Tuesday's Hope www.tuesdayshope.blogspot.com
- ★ Still Life with Circles www.stilllifewithcircles.blogspot.com
- ★ Stillborn and Still Breathing www.stillbornandstillbreathing.com

Facebook Groups and Pages

- ★ Star Legacy Foundation: www.facebook.com/StarLegacyFoundation
 - Sandhills NC Chapter: www.facebook.com/slfncsandhills/
- ★ Stillbirth Research & Education: www.facebook.com/groups/164040078102
- ★ Still Standing Magazine: www.facebook.com/StillStandingMAG
- ★ Stillbirth & Infant Loss Support Group: www.facebook.com/groups/362289933868253
- ★ All That Love Can Do - For Grandparents: www.facebook.com/groups/556440507701165
- ★ Babyloss Support for Agnostic & Atheist Moms: www.facebook.com/groups/369800506375450

14. RECOMMENDED SONGS

- ★ <http://loveisdeeperstill.blogspot.com/p/ive-always-loved-music-and-have-found.html>
- ★ <https://www.mend.org/music-and-songs>
- ★ <http://www.stillbornandstillbreathing.com/2013/11/grief-project-35-songs-for-mourning.html>
- ★ Winter Bear by Coby Grant
- ★ Something's Not Right by Lily Allen

15. RECOMMENDED PODCASTS

- ★ Star Legacy Foundation: <http://starlegacyfoundation.org/category/stillbirth-matters-podcast/>
- ★ The Joyful Mourning: <https://www.themorning.com/baby-funeral/>

16. RECOMMENDED FILMS

- ★ Don't Talk About the Baby – A documentary that explores the culture of shame and silence surrounding miscarriage, stillbirth and infertility. Too many men and women suffer in silence, and this film will be a tool for people to start conversations and spread awareness. <https://www.donttalkaboutthebaby.com/>
- ★ Return to Zero (2014) - starring Minnie Driver and Paul Adelstein. Based on the true story of Sean Hanish and his wife, Dr. Kiley Hanish, the story of a couple who are preparing for the arrival of their first child and just weeks before their due date are devastated to discover their baby son has died in the womb and will be stillborn. www.returntozeromovie.com

17. RECOMMENDED READING

For Adults

- ★ [Empty Cradle, Broken Heart: Surviving the Death of Your Baby](#) by Deborah Davis
- ★ [Three Minus One: Stories of Parents Love and Loss \(inspired by the film Return to Zero\)](#) by Sean Hanish
- ★ [They Were Still Born: Personal Stories about Stillbirth](#) by Janel C. Atlas
- ★ [An Exact Replica of a Figment of My Imagination: A Memoir](#) by Elizabeth McCracken
- ★ [A Silent Sorrow: Pregnancy Loss Guidance & Support for You and Your Family](#) by Ingird Kohn & Perry-Lynn Moffit
- ★ [Healing Your Grieving Heart After Stillbirth: 100 Practical Ideas for Parents and Families](#) by Alan D. Wolfelt
- ★ [Couple Communication After a Baby Dies: Differing Perspectives](#) by Sherokee Ilse and Tim Nelson
- ★ [Empty Arms: Coping with Miscarriage, Stillbirth, and Infant Death](#) by Sherokee Ilse
- ★ [Grieving Dads: To the Brink and Back](#) by Kelly Farley & David DiCola
- ★ [A Guide for Fathers: When a Baby Dies](#) by Tim Nelson
- ★ [Help, Comfort, and Hope After Losing Your Baby in Pregnancy or the First Year](#) by Hannah Lothrop
- ★ [When Hello Means Goodbye: a Guide for Parents Whose Child Dies Before Birth, At Birth, or Shortly After Birth](#) by Pat Schwiebert & Paul Kirk
- ★ [Life Touches Life: A Mother's Story of Stillbirth and Healing](#) by Lorraine Ashe
- ★ [Parenthood Lost: Healing the Pain After Miscarriage, Stillbirth and Infant Death](#) by Michael Berman
- ★ [You Are the Mother of All Mothers: A Message of Hope for the Grieving Heart](#) by Angela Miller
- ★ [Grieving the Child I Never Knew: A Devotional for Comfort in the Loss of Your Unborn or Newly Born Child](#) by Kathe Wunnenberg
- ★ [The Lone Twin: Understanding Twin Bereavement and Loss](#) by Joan Woodward
- ★ [Grandparents Cry Twice: Help for Bereaved Grandparents](#) by Mary Lou Reed
- ★ [Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss](#) by Ann Douglas & John R. Sussman
- ★ [Pregnancy After a Loss: A Guide to Pregnancy After a Miscarriage, Stillbirth, or Infant Death](#) by Carol Cirulli Lanham

For Children

- ★ [We Were Gonna Have a Baby, But We Had an Angel Instead](#) by Pat Schwiebert
- ★ [Someone Came Before You](#) by Pat Schwiebert
- ★ [Something Happened: A Book for Children and Parents Who Have Experienced Pregnancy Loss](#) by Cathy Blanford

- ★ [The Story Of... Your Own Special Child: A Personalized Book to Cherish the Memory of a Loved One](#) by Kate Polley
- ★ [My Baby Big Sister: A Book for Children Born Subsequent to a Pregnancy Loss](#) by Cathy Blanford
- ★ [Always My Twin](#) by Valerie R. Samuels
- ★ [Love You Forever](#) by Robert Munsch (written for a stillborn baby)
- ★ [Alice in My Dreamland](#) (series) by Emily Blair