After Your Loss… A Resource Guide for Families

Provided by Star Legacy Foundation NY Metro 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 or for additional support:

952-715-7731 ext. 710, ny-metro@starlegacyfoundation.org

Note: this guide is updated periodically. For the latest version, please visit www.starlegacyfoundation.org/nymetro (under Helpful Information at the bottom)

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# DELIVERY CHECKLIST

Following is a list of suggested things to consider doing at or immediately following your baby’s delivery, based on what other families have found healing or helpful. Please do not hesitate to ask your medical providers or family members and friends to assist you, and remember, there is no time limit and no right or wrong. Whatever you decide, please take your time and be kind to yourself.

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| 1. | Contact a professional photographer | • See [Memorial Items, Photography, & Stillbirth Certificates](#) below for recommendations  
• Many hospitals also have professional photographers available, or have staff members trained in bereavement photography  
• Know that there is free professional retouching available in case you are only able to take photos on your phone/camera  
• Even if you don’t think you’ll want to look at photographs, it is a good idea to take them in case you change your mind later |
| 2. | Request professional or peer support to help you through delivery | • See [Doulas Trained for Loss/Subsequent Pregnancy](#) below for recommendations  
• Star Legacy Foundation can provide a trained Peer Companion mentor to answer questions and help guide you – see [Local Perinatal Bereavement Support](#) below  
• Many hospitals also have bereavement nurses & social workers  
• If you had wishes for your birth experience, consider honoring your plans – it will not be the birth you were hoping for, but it can still be a special moment filled with love |
| 3. | Inquire about organ donation | • Hospital staff will be able to advise you on your options |
| 4. | Name your baby | • If you had a name picked out for your baby, don’t hesitate to use it. This baby will always be part of your family and you will get to say his/her name often |
| 5. | Hold your baby and make memories | • It may feel scary or awkward at first, but most families cherish memories made with their baby. Some ideas:  
• Kiss and hug your baby, tell him/her how much s/he is loved  
• Count his/her fingers and toes, and admire every part his/her perfect little face and body  
• Invite loved ones to meet your baby, particularly siblings  
• Bathe and dress your baby  
• Read a story to your baby  
• Sing/play your baby your favorite lullabies and songs  
• Perform any spiritual rites/blessings that bring you comfort  
• Remember to take photos (& videos) of all of the above!  
• There is no limit to how much time you can spend with your baby. Utilize these precious moments to their fullest |
| 6. | Ask your medical team for other keepsakes | • Something that touched your baby’s skin (blanket, clothing/hat, teddy bear, etc.)  
• Handprints & footprints (ink and/or molds) |
| 7. Determine what testing you’d like to have done | • Options include autopsy, placental pathology, genetic testing, and more. See Star Legacy’s Finding Answers brochure (free at [http://starlegacyfoundation.org/store](http://starlegacyfoundation.org/store))  
• Your medical team will guide you. Even if you are not likely to get answers, it is often helpful in any future pregnancies to have at least eliminated certain possibilities  
• Inquire about costs and insurance coverage, and know that financial assistance is available if needed – see [Funeral/Burial & Financial Support](http://starlegacyfoundation.org/store) below |
|---|---|
| 8. Contact local funeral homes | • Inquire about options for burial/cremation and memorial services, including pricing  
• See [Funeral/Burial & Financial Support](http://starlegacyfoundation.org/store) below for local recommendations and financial assistance, if needed |
| 9. Ask about breastmilk options | • See [Managing Post-Loss Lactation & Breastmilk Donation](http://starlegacyfoundation.org/store) below |
| 10. Request a Certificate of Stillbirth | • See [Memorial Items, Photography, & Stillbirth Certificates](http://starlegacyfoundation.org/store) below for links to your state’s forms  
• Hospitals should have a notary and social worker on staff who can help you complete the forms |
| 11. Collect contact/follow-up information | • Names of the doctors, nurses, and staff who cared for you and your baby (in case you have questions later)  
• Clear instructions about how and when to get the following information, and who to contact with questions:  
  o The results of your baby’s autopsy/testing  
  o Any photos taken of your baby  
  o Who will be handling your baby’s remains (funeral home, etc.) and memorial arrangements  
  o Certificate of Stillbirth or other official documentation |
LOCAL PERINATAL BEREAVEMENT SUPPORT

Star Legacy Foundation Peer Companion Program

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 guidance and emotional support, in person, over the phone, or over email.

Call (952) 715-7731, ext. 2 or email peercompanions@starlegacyfoundation.org and a New York Metro companion will contact you within a couple hours.

Star Legacy Foundation Online Support Groups

Star Legacy Foundation Virtual Bereaved Parents of Perinatal Loss Group
Star Legacy Foundation Virtual Bereaved Dad’s Group
Star Legacy Foundation Virtual Pregnancy After a Loss Group
Star Legacy Foundation Virtual Parenting After Loss Group
Star Legacy Foundation Virtual Grandparents & Extended Family Group
More info and registration for all of the above at: www.starlegacyfoundation.org/support-groups

Local In-Person Support Groups

Please contact the facilitators listed below to ensure up-to-date information regarding meeting times and locations.

NY - Dutchess County
HANDS @ Vassar Brothers Medical Center (Poughkeepsie)
Facilitator: Theresa Robinson - trobinso@health-quest.org, (845) 483-6683

NY - Nassau County
Perinatal Loss Support @ NorthShore Hospital/Long Island Jewish (Manhasset)
Facilitator: Ivy Diamond - idiamond@nshs.edu, (516) 562-8533

Guardian Angel Perinatal Support Group @ St. Killian’s Center (Farmingdale)
Facilitator: Martha Weiss - (516) 249-3314

NY - Suffolk County
Huntington Hospital Bereavement and Support Group (Huntington)
Facilitators: Kacey Farber - (631) 796-5636, kfarber@northwell.edu; Kristin Ferriggi - (516) 662-7969, kferriggi@gmail.com

Camp Good Grief: Where Children and Teenagers Begin to Heal (Various Locations)
www.eehcampgoodgrief.org - (631) 288-8400, camp@eeh.org

East End Play Dates: Mom’s Group for Postpartum Depression & Loss Moms (Various Locations),
www.facebook.com/eastendplaydates, Emily & Heather - eastendplaydates@gmail.com

NY - Rockland County
Perinatal Bereavement Program @ Good Samaritan Regional Medical Center (Suffern)
Facilitator: Lee Denigris - lee_denigris@bshsi.org, (845) 368-5297
NY - Westchester County
Maggie Rose Perinatal Bereavement @ Northern Westchester Hospital (Mount Kisco)
Also: Pregnancy/Parenting After Loss, Men’s Only Group
Facilitator: Marianne Walsh - mariannewalsh22@gmail.com, (914) 787-6158 Ext. 1317
Perinatal Bereavement Support Group @ White Plains Hospital (White Plains)
Facilitators: Chaplain Anne Gentile & Donna Kleinberger - chaplainaeg@aol.com, dkleinberger@wphospital.org,
(914) 654-9875 or (914) 681-2LOS

NY - New York City
Pregnancy Loss Support Program (Manhattan)
Facilitator: Naomi Skop Richter - plsp@ncjwny.org, (646) 884-9464
Perinatal Bereavement Program @ Mount Sinai Hospital (Manhattan) – both English & Spanish-language
Facilitator: Laurie Chameides - laurie.chameides@mountsinai.org, (212) 241-4685
Perinatal Bereavement Program @ Mount Sinai Beth Israel (Manhattan)
Facilitator: Joanne Rutland - (212) 420-2977
Pregnancy and Early Infant Loss Support Group @ CHONY (Manhattan) – both English & Spanish-language
Facilitator: Solimar Santiago-Warner - sos9023@nyp.org
Perinatal Bereavement Support Group @ Lenox Hill Hospital (Manhattan)
(212) 434-3993
92 Street Y (Manhattan)
(212) 415-5500
Jewish Board of Family & Children's Services Loss and Bereavement Program for Children/Adolescents (Manhattan)
(844) 663-2255
Baby Resource Center (formerly Knot My Baby) (Brooklyn)
Facilitator: Brooke Lugo Smith - info@thebabyresourcecenter.org, (917) 548-0175
Bereavement Support Group @ Maimonides Medical Center (Brooklyn)
Facilitator: Marline Laurent-Nicolas - (718) 283-8368, (718) 283-8320
Weiler-Einstein Hospital (Bronx)
Facilitator: Jason Mincey - (718) 904-2925
NechamaComfort (Bronx)
nechamacomfort@gmail.com, 201-724-4093

CT - Fairfield County
Hope After Loss (Groups available online and throughout CT: New Haven, West Hartford, Middletown, Guilford,
New Canaan, Manchester, Waterford)
info@hopeafterloss.org, (203) 782-4330
Perinatal Bereavement Support Group @ Greenwich Hospital (Greenwich)
(203) 863-3417
NJ - Bergen County
HackensackUMC Pregnancy and Newborn Loss Support Group (Hackensack)
Facilitator: Alissa K. Sandler - GriefSupport@hackensackmeridian.org, (551) 996-5131
Healing Hearts, Men’s Only for Fathers, & Pregnancy After Loss Support Groups @ The Valley Hospital (Ridgewood)
Facilitator: Trudy Heerema - gheerem@valleyhealth.com, (201) 447-8539
NechamaComfort (Teaneck)
nechamacomfort@gmail.com, 201-724-4093

NJ - Essex County
Pockets of Light (Montclair)
Facilitator: Erin Truxillo - info@pocketsoflight.org, (973) 841-7524

NJ - Morris County
Morristown Medical Center Perinatal Bereavement Support Group (Morristown)
(973) 971-5748

NJ - Passaic County
Forever In My Heart Support Group @ St. Joseph's Regional Medical Center (Paterson)
Facilitators: Stefanie Giddens & Lou Ann Damsmma - giddenss@sjhmc.org, damsmal@sjhmc.org, (973) 754-3451
Lazos de Esperanza para madres que perdieron a su bebe (Passaic) - Spanish-language
Facilitator: Alexandra Peña - apena@partnershipmch.org, (973) 268-2280 x112

NJ - Union County
Overlook Medical Center Bereavement Program for Pregnancy and Infant Loss (Summit)
(973) 971-5748
Imagine Grief Support Groups for Children, Young Adults & Family (Mountainside)
info@imaginjenj.org, (908) 264-3100

Therapists Specializing in Perinatal Loss
Mika McLane-Bowes MPS, LCAT, ATR, CCLS Art Therapy (Cross River, NY) - (845) 581-0140,
mika@westchestercreativeartstherapy.com
Marni Reuling, Psy.D. (Mount Kisco, NY) - (914) 523-5165, drmarnireuling@gmail.com
Jodi Trager, LCSW (Northern Westchester, NY) - (914) 772-3444, joditragertherapy@gmail.com
Karen Goldfischer, LCSW (Manhasset, NY) - (516) 816-2050, kgoldfischerlcsw@gmail.com
Lauren S. McCabe Sperber, LCSW (Commack, NY) - (516) 654-4715, firstloveyourselfcounseling@gmail.com
SIBS Place Sibling Therapy (Hewlett, NY) - (516) 374-3000, sibsplace@snch.org
Laura Alper, MSW, LCSW (Springfield, NJ) - (973) 376-7173, info@lauraalper.com
FUNERAL/BURIAL & FINANCIAL SUPPORT

Several organizations can assist with funeral/burial expenses for those who qualify. In addition, many local funeral homes (including those listed below) offer free/reduced cost services for infants - inquire at funeral homes in your area to see what options they offer.

Cael’s Angels (a project of Star Legacy Foundation)  www.caelsangels.com
Angel Name Association  www.angelnames.org
Hope After Loss (for CT families)  www.hopeafterloss.org
Walk In Sunshine (for NJ families)  www.walkinsunshinecharity.org
Kelly Ryan Foundation  www.kellyryanfoundation.org
The Tears Foundation  www.thetearsfoundation.org

Funeral Homes

Beecher Funeral Home (Brewster, NY) - (845) 279-3615
Clark Funeral Home (Katohah, NY) - (914) 232-3033
Sinatra Funeral Home (Mt Kisco, NY) - (914) 666-5891
Ballard Durand Funeral & Cremation Services (White Plains & Elmsford, NY) - (914) 949-0566
Zion Memorial Chapel, Jewish affiliation (Mamaroneck, NY) - (914) 381-1809
Gleason Funeral Homes (Queens, NY: Flushing, Bayside, Whitestone) - (718) 359-6300
Towers Funeral Home (Oceanside, NY) - (516) 766-0425
Roslyn Heights Funeral Home (Roslyn, NY) - (516) 621-4545
Kane Funeral Home (Ridgefield, CT) - (203) 438-6597
Jowdy-Kane Funeral Home (Danbury, CT) - (203) 748-6262
Feeney Funeral Home (Ridgewood, NJ) - (201) 444-7650
Bernheim Apter Kreitzman (Livingston, NJ) - (973) 422-0600
Werson Funeral Home (Linden, NJ) - (908) 486-4118
Gutterman & Musicant, Jewish affiliation (Hackensack, NJ) - (800) 522-0588
Eden Memorial Chapel, Jewish affiliation (Fort Lee, NJ) - (201) 947-3336
ONLINE READING & RESOURCES

Organizations & Publications

Star Legacy Foundation  www.starlegacyfoundation.org
   NY Metro Chapter:  www.starlegacyfoundation.org/nymetro

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.returntozerolealingcenter.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

Love Comma Dad  www.lovecalommadad.com

Carly Marie Project Heal  www.carlymarieprojectheal.com

Hope After Loss  www.hopeafterloss.org

Still Birth Day  www.stillbirthday.com

Share Pregnancy & Loss Support  www.nationalshare.org

Unspoken Grief  www.unspokengrief.com

Seleni Institute  www.seleni.org/advice-support/miscarriage-child-loss

Through the Heart  www.throughtheheart.org

October 15th Pregnancy & Infant Loss Remembrance Day  www.october15th.com

October Pregnancy & Infant Loss Awareness Month  www.starlegacyfoundation.org/parents-urisdiction

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.aheartbreakingchoice.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

An Unexpected Family Outing  www.anunexpectedfamilyouting.wordpress.com

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
Charlotte’s Purpose www.charlottespurpose.com
Less Than 1%: Surviving My Stillborn www.1top.blog
Pine Cones and Study Days (by Henry’s Dad) www.pineconesandstudydays.co.uk
Shoebox of Memories (A Father’s Perspective) www.shoeboxfullofmemories.wordpress.com
Diary of an Almost Father www.almostfather.wordpress.com

Facebook Pages/Groups
Star Legacy Foundation: www.facebook.com/StarLegacyFoundation
       NY Metro Chapter: www.facebook.com/NYMetroStarLegacyFoundation
Stillbirth Research & Education: www.facebook.com/groups/164040078102
Still Standing Magazine: www.facebook.com/StillStandingMAG
An Unexpected Family Outing: www.facebook.com/unexpectedfamilyouting
Dad Minus One: www.facebook.com/dadminusone
Stillbirth & Infant Loss Support Group: www.facebook.com/groups/362289933868253
Stories of Babies Born Still: www.facebook.com/groups/SOBBS
Stillbirthday Dads: www.facebook.com/groups/SBDdads
Charlie’s Loss Charity Private Men’s Group: https://www.facebook.com/groups/505034786306663
Grieving Fathers: www.facebook.com/grievingfathers
Sad Dad’s Club - MISS Foundation: www.facebook.com/groups/saddadscclub
Pregnancy After Loss Support for Dads: www.facebook.com/groups/428305164008564
All That Love Can Do - For Grandparents: www.facebook.com/groups/556440507701165
The Compassionate Friends – Miscarriage, Stillbirth, Loss of an Infant Grandchild:
       https://www.facebook.com/groups/miscarriagestillbirthinfantgrandchild
Babyloss Support for Agnostic & Atheist Moms: www.facebook.com/groups/369800506375450
Umbilical Cord Accidents (UCA) Support and Education: www.facebook.com/groups/278446386275566
The Bereaved Optimist’s Book Club: www.facebook.com/groups/173784686606569
LOCAL EVENTS

Please search online for up-to-date information about the following annual events.

Star Legacy Foundation NY Metro Chapter “Let’s Not Be Still! Festival, 5K & Walk” - April/May (2 dates) in Long Island & Westchester, www.starlegacyfoundation.org/lnbsny

White Plains Hospital “Annual Memorial Ceremony” - October, White Plains, NY

Winthrop-University Hospital “Walk to Remember” - October, East Meadow, NY (Long Island)

HackensackUMC “A Walk to Remember” - October, Hackensack, NJ

Morristown Memorial Hospital “Walk to Remember” - October, Morristown, NJ

MEMORIAL ITEMS, PHOTOGRAPHY, & STILLBIRTH CERTIFICATES

Stillbirth Certificates


   Note: NYC has a separate form & process from the rest of NY State.
   See form & instructions here: www1.nyc.gov/assets/doh/downloads/pdf/vr/vr-app-for-stop.pdf,
   FAQs here: www1.nyc.gov/site/doh/services/death-certificates.page


Free Online Memorials

Star Legacy Stars & Memorial Pages www.starlegacyfoundation.org/our-stars-2

A Place to Remember Remembrance Book www.aplacetoremember.com/remembrance.html

First Candle Virtual Candles www.firstcandle.org/candle-gallery

Photography

Now I Lay Me Down To Sleep (free remembrance photographers) www.nowilaymedowntosleep.org

Photography by Misha (free remembrance photographer, Suffolk County area) 347-967-8545, miskaberuska@gmail.com

Heartprints (free photo retouching) www.heartprintsphotoretouching.wordpress.com

Baby Angel Pics (free photo retouching) www.babyangelpics.com

Taylor Ellis-Hermosillo (free photo retouching) 909-325-0365, info@littlej-photography.com

Our chapter also maintains a list of local volunteer photographers who might be able to assist with remembrance photography and/or retouching, please contact us at 952-715-7731 ext. 710, ny-metro@starlegacyfoundation.org
Keepsakes

I Love You Still (memorial baby book) [www.iloveyoustillbook.com](http://www.iloveyoustillbook.com)
Molly Bears (weighted teddy bears) [www.mollybears.com](http://www.mollybears.com)
Alexa Bears (weighted teddy bears) [www.alexabears.com](http://www.alexabears.com)
Mommies of an Angel (weighted teddy bears) [www.mommiesofanangel.com](http://www.mommiesofanangel.com)
Healing Embrace (weighted teddy bears) [www.healingembrace.org/request-birth-day-weighted-bear](http://www.healingembrace.org/request-birth-day-weighted-bear)
Project Bear (teddy bears) [www.projectbear.com](http://www.projectbear.com)
My Forever Child (remembrance jewelry) [www.myforeverchild.com](http://www.myforeverchild.com)
LaBelle Dame (remembrance jewelry) [www.labelledame.com](http://www.labelledame.com)
Held Your Whole Life (remembrance jewelry) [www.heldyourwholelife.com/shop](http://www.heldyourwholelife.com/shop)
The Cooper Project (remembrance jewelry) [www.etsy.com/shop/TheCooperProject](http://www.etsy.com/shop/TheCooperProject)
Artful Ashes (glass art pieces with ashes) [www.artfulashes.com](http://www.artfulashes.com)
The Midnight Orange (bespoke handmade sculptures) [www.etsy.com/shop/TheMidnightOrange](http://www.etsy.com/shop/TheMidnightOrange)
Mamie’s Poppy Plates (memorial art plates) [www.mamiespoppyplates.com/order-a-plate](http://www.mamiespoppyplates.com/order-a-plate)
Portraits by Dana (custom pencil drawings) [www.portraitsbydana.com](http://www.portraitsbydana.com)
Little Herb Bouquet (custom ultrasound embroidery) [www.littleherbbouquet.com/ultrasound](http://www.littleherbbouquet.com/ultrasound)
A Place to Remember (wide variety of memorial items) [www.aplacetoremember.com/pdshop/shop](http://www.aplacetoremember.com/pdshop/shop)
Healing Embrace (gift baskets) [www.healingembrace.org/gifts-that-heal/request-a-healing-gift-basket](http://www.healingembrace.org/gifts-that-heal/request-a-healing-gift-basket)
Samuel’s Lullaby (gift baskets) [www.samuelslullaby.org](http://www.samuelslullaby.org)
Through the Heart (gift baskets) [www.throughtheheart.org/request-a-kit](http://www.throughtheheart.org/request-a-kit)
Umbrella Boxes (gift baskets) [www.umbrellaboxes.com](http://www.umbrellaboxes.com)
Until We Hold You Again (gift baskets) [www.untilweholdyouagain.com/requestabasket](http://www.untilweholdyouagain.com/requestabasket)
Emily McDowell Empathy Cards (greeting cards) [www.emilymcdowell.com/collections/empathy-cards](http://www.emilymcdowell.com/collections/empathy-cards)
Forgotten Mothers Mother’s Day Cards (greeting cards) [www.thortful.com/forgottenmothers](http://www.thortful.com/forgottenmothers)
Lucky Anchor Project (greeting cards & memorial items) [www.etsy.com/shop/LuckyAnchorProject](http://www.etsy.com/shop/LuckyAnchorProject)
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
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 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
Notes for the Everlost: A Field Guide to Grief by Kate Inglis
Still: A Collection of Honest Artwork and Writings from the Heart of a Grieving Mother by Stephanie Paige Cole
To Linger on Hot Coals: Collected Poetic Works from Grieving Women Writers by Stephanie Paige Cole & Catherine Bayly
Footprints on the Heart, A Remembrance Anthology: A Collection of Poetry and Prose by Jo-Anne Joseph
Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief by Joanne Cacciatore
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
Pregnancy After a Loss: A Guide to Pregnancy After a Miscarriage, Stillbirth, or Infant Death by Carol Cirulli Lanham
Just Be: How My Stillborn Son Taught Me To Surrender by Lindsay Gibson
Breathe: A Memoir of Motherhood, Grief, and Family Conflict by Kelly Kittel
From Mother to Mother: On the Loss of a Child by Emily R. Long
From Father to Father: Letters from Loss Dad to Loss Dad by Emily R. Long
Invisible Mothers: When Love Doesn't Die by Emily R. Long
It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand by Megan Devine
Our Only Time: Stories of Pregnancy/Infant Loss with Strategies for Health Professionals by Amie Lands

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
These Precious Little People by Frankie Brunker
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
You Could Have Been by Annie M.
No New Baby: For Siblings Who Have a Brother or Sister Die Before Birth by Marilyn Gryte
Where's Jess: For Children Who Have a Brother or Sister Die by Marvin Johnson
A Birthday Present for Daniel by Juliet Cassuto Rothman
My Yellow Balloon by Tiffany Papageorge
Always Remember by Cece Meng
Lifetimes: The Beautiful Way to Explain Death to Children by Bryan Mellonie
The Invisible String by Patrice Karst

PODCASTS
Stillbirth Matters hosted by Star Legacy Foundation
The Joyful Mourning hosted by Ashlee Proffitt
Sisters in Loss: Miscarriage, Pregnancy Loss, & Infertility Stories hosted by Erica M. McAfee
FILMS

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.

Don’t Talk About the Baby (2018) - Too many men and women suffer in silence when struggling through fertility issues or suffering a pregnancy loss. Several cultural and community influences often pressure a man or woman to keep their experiences to themselves, and this contributes to a massive culture of secrecy surrounding these extremely prevalent issues. This documentary explores how we got to this culture of silence and what we need to do to get away from it. Through expert interviews and personal stories, this film empowers people to tell their stories in their own communities, and start conversations that will change how we talk about loss and infertility.

MANAGING POST-LOSS LACTATION & BREASTMILK DONATION

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 view Star Legacy’s guide to managing/stopping post-loss lactation, and know that if you wish, you have the option of donating your milk to infants in need.


Breastmilk Donation

The New York Milk Bank www.nymilkbank.org

Eats on Feets NYC www.facebook.com/EOFNYCity

Human Milk 4 Human Babies New York www.facebook.com/HM4HBNY

DOULAS TRAINED FOR LOSS/SUBSEQUENT PREGNANCY

Cindy Corso, Shadow Step Advisory Services - (914) 552-0713, shadowstepproductive@gmail.com

Trista Majette, Ancient Song Doula Services - (845) 729-3471, tristaleemaj@gmail.com

Elise Hiley, Guthrie Health Care System - elise.hiley@guthrie.org

LEGAL SUPPORT

Amy H. Eichman, PA. Assisted Reproduction Law (Surrogacy, Egg/Embryo Donation, Adoption) - (954) 342-1165, amy@eichmanlegal.com