



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.**

✓	To Do List	Notes
	1. Contact a professional photographer	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Hospital staff will be able to advise you on your options
	4. Name your baby	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Something that touched your baby's skin (blanket, clothing/hat, teddy bear, etc.) • Handprints & footprints (ink and/or molds)



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		<ul style="list-style-type: none">• Bassinet card with weight, height, time of birth, etc.• Lock of hair
	7. Determine what testing you'd like to have done	<ul style="list-style-type: none">• Options include autopsy, placental pathology, genetic testing, and more. See Star Legacy's Finding Answers brochure (free at 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 below
	8. Contact local funeral homes	<ul style="list-style-type: none">• Inquire about options for burial/cremation and memorial services, including pricing• See Funeral/Burial & Financial Support below for local recommendations and financial assistance, if needed
	9. Ask about breastmilk options	<ul style="list-style-type: none">• See Managing Post-Loss Lactation & Breastmilk Donation below
	10. Request a Certificate of Stillbirth	<ul style="list-style-type: none">• See Memorial Items, Photography, & Stillbirth Certificates 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	<ul style="list-style-type: none">• 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:<ul style="list-style-type: none">○ The results of your baby's autopsy/testing○ Any photos taken of your baby○ Who will be handling your baby's remains (funeral home, etc.) and memorial arrangements○ 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 - trobins@health-quest.org, (845) 483-6683

NY - Nassau County

Perinatal Loss Support @ NorthShore Hospital/Long Island Jewish (Manhasset)

Facilitator: Ivy Diamond - iamond@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



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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 Damsma - 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@imagineNJ.org, (908) 264-3100

Therapists Specializing in Perinatal Loss

[Mika McLane-Bowes MPS, LCAT, ATR, CCLS Art Therapy](mailto:mika@westchestercreativeartstherapy.com) (Cross River, NY) - (845) 581-0140,
mika@westchestercreativeartstherapy.com

[Marni Reuling, Psy.D.](mailto:drmarnireuling@gmail.com) (Mount Kisco, NY) - (914) 523-5165, drmarnireuling@gmail.com

[Jodi Trager, LCSW](mailto:joditragertherapy@gmail.com) (Northern Westchester, NY) - (914) 772-3444, joditragertherapy@gmail.com

[Karen Goldfischer, LCSW](mailto:kgoldfischerlcsw@gmail.com) (Manhasset, NY) - (516) 816-2050, kgoldfischerlcsw@gmail.com

[Lauren S. McCabe Sperber, LCSW](mailto:firstloveyourselfcounseling@gmail.com) (Commack, NY) - (516) 654-4715, firstloveyourselfcounseling@gmail.com

[SIBS Place Sibling Therapy](mailto:sibsplace@snch.org) (Hewlett, NY) - (516) 374-3000, sibsplace@snch.org

[Laura Alper, MSW, LCSW](mailto:info@lauraalper.com) (Springfield, NJ) - (973) 376-7173, info@lauraalper.com



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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 (Katonah, 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



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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.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

Love Comma Dad www.lovecommadad.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/awareness-month

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.compassionatefirends.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



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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.ltop.blog

Pine Cones and Study Days (by Henry's Dad) www.pineconesandstudydays.co.uk

Shoobox of Memories (A Father's Perspective) www.shooboxfullofmemories.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/saddadsclub

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/lbnsny

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

NY - Fetal Death Certificate & Certificate of Still Birth www.health.ny.gov/vital_records/fetal.htm

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

NJ - Certificate of Birth Resulting in Stillbirth www.nj.gov/health/vital/registration-vital/stillbirth

CT - Certificate of Stillbirth www.portal.ct.gov/DPH/Health-Information-Systems--Reporting/Vitalrecs/State-Vital-Records-Office---Stillbirths

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



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Keepsakes

I Love You Still (memorial baby book) www.iloveyoustillbook.com

Remembering Me (memorial baby book) www.harpermartin.com.au/products/remembering-me

Molly Bears (weighted teddy bears) www.mollybears.com

Alexa Bears (weighted teddy bears) www.alexabears.com

Mommies of an Angel (weighted teddy bears) www.mommiesofanangel.com

Healing Embrace (weighted teddy bears) www.healingembrace.org/request-birth-day-weighted-bear

Project Bear (teddy bears) www.projectbear.com

My Forever Child (remembrance jewelry) www.myforeverchild.com

LaBelle Dame (remembrance jewelry) www.labelledame.com

Held Your Whole Life (remembrance jewelry) www.heldyourwholelife.com/shop

The Cooper Project (remembrance jewelry) www.etsy.com/shop/TheCooperProject

Hudson's Bands of Hope (remembrance jewelry) www.hudsonsbandsofhope.blogspot.com/p/why-bracelet_25.html

Baby Bee Hummingbirds (breastmilk/hair/cord jewelry) www.babybeehummingbirds.com.au

Artful Ashes (glass art pieces with ashes) www.artfulashes.com

The Midnight Orange (bespoke handmade sculptures) www.etsy.com/shop/TheMidnightOrange

Mamie's Poppy Plates (memorial art plates) www.mamiespoppyplates.com/order-a-plate

Portraits by Dana (custom pencil drawings) www.portraitsbydana.com

Little Herb Bouquet (custom ultrasound embroidery) www.littleherbbouquet.com/ultrasound

A Place to Remember (wide variety of memorial items) www.aplacetoremember.com/pdshop/shop

Healing Embrace (gift baskets) www.healingembrace.org/gifts-that-heal/request-a-healing-gift-basket

Samuel's Lullaby (gift baskets) www.samuelslullaby.org

Through the Heart (gift baskets) www.throughtheheart.org/request-a-kit

Umbrella Boxes (gift baskets) www.umbrellaboxes.com

Until We Hold You Again (gift baskets) www.untilweholdyouagain.com/requestabasket

What's Your Grief (greeting cards) www.whatsyourgrief.com/product-category/cards/

Emily McDowell Empathy Cards (greeting cards) www.emilymcdowell.com/collections/empathy-cards

Forgotten Mothers Mother's Day Cards (greeting cards) www.thortful.com/forgottenmothers

Lucky Anchor Project (greeting cards & memorial items) www.etsy.com/shop/LuckyAnchorProject



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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](#) 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

[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

[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



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[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.

Star Legacy's Guide to Lactation After a Loss www.starlegacyfoundation.org/lactation

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

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LEGAL SUPPORT

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