



A Resource Guide for Families  
Provided by  
Star Legacy Foundation – Georgia Chapter

*This resource guide was compiled by parents and families of pregnancy and infant loss 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.*

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## Before Delivery Checklist

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

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

## After Delivery Checklist

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

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

## 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 lack 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 the 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

## 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](http://www.nowilaymedowntosleep.org)
  - Farylann Photography - Peachtree City, GA 30269 - [info@farylann.com](mailto:info@farylann.com) - (706) 350-3303
  - Simply Vintage Photography - Lawrenceville, GA - (770) 355-8813
  - Lauren Bruner Photography - Braselton, GA - (404) 403-0952

## Finding Answers/Testing

*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 testing (different than an autopsy).
- If you are struggling with making a decision regarding an autopsy, you can always request to speak with the pathologist who would perform the exam.
- 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 [virginachapter@starlegacyfoundation.org](mailto:virginachapter@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.

## 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.*

- Donor Family Service Council for MTF Biologics: <https://www.mtfbiologics.org/>

## Funeral/Burial Information

*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.*

**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/>

## Support Groups and Phone Support

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

### **Phone/Text Support**

- Star Legacy Foundation Phone Support: 952-715-7731 ext. 1
  - Star Legacy Foundation Text Support: text 'help' to 952-715-7731
  - National Telephone Grief Support 24/7: 952-715-7731; ext 1
    - 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 Online Support Groups**

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

### Support (local)

***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](http://www.psychologytoday.com/us)

- Pregnancy and Infant Loss Support Group

MEETINGS ARE HELD ON THE 2ND TUESDAY OF  
EACH MONTH FROM 7:00-8:30 P.M.

Kennestone Hospital Cancer Center Building

320 Kennestone Hospital Blvd.

Wellness Studio, 2nd Floor

Marietta, Ga 30060

- Dr. Diane Wulfsohn, PhD - Atlanta, GA - (770) 883-4391
- Elizabeth O'Brien, LPC, PMH-C - Atlanta, GA - (907) 378-6972
- Cassie Owens, LPC, CPCS, PMH-C - Dunwoody, GA - (404) 493-2112
- Melissa Keane, LPC, PMH-C, NCC - Roswell, GA - (404) 243-9120

- Dr. Lily Kadosh, PhD, PMH-C - Northside Behavioral Health - Atlanta, GA - (404) 851-8960

## 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://llusa.org/lactation-after-loss/>
  - <http://www.emptyarmsbereavement.org/lactation-support-after-loss>
  - **Ending Milk Production:** <http://www.cabocrema.com/>
- **Donation:**
  - Mothers Milk Depot  
<https://www.chihealth.com/en/services/maternity/maternity-centers/stelizabeth-maternity/milk-depot.html>
  - Milkworks  
<https://milkworks.org/education-support/mothers-milk-depot.html>
- **Lactation after Loss:**
  - Le Leche USA
  - Alpharetta, GA
  - Georgia Group Leader: Patricia
  - [patriciavdg.llusa@gmail.com](mailto:patriciavdg.llusa@gmail.com) or via text at 513-400-8652 (no calls)
- Please see the KEEPSAKES tab for options you have with breastmilk jewelry

## Local Events - more info to come

### Keepsakes

- Collection of keepsakes: [https://store.starlegacyfoundation.org/?b\\_product\\_cat=118](https://store.starlegacyfoundation.org/?b_product_cat=118)
- 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](http://www.mollybears.com)

- Held Your Whole Life (remembrance jewelry, free but pay \$5 shipping fee)  
[www.heldyourwholelife.com](http://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  
  - <https://www.facebook.com/share/18bZw9WCyD/> (local in VA)
  - [www.beyondthewillowtree.com/](http://www.beyondthewillowtree.com/)
  - [www.laitdelavie.com](http://www.laitdelavie.com)
  - [www.mammasliquidlove.com](http://www.mammasliquidlove.com)
  - [www.breastmilkjewelry.com/](http://www.breastmilkjewelry.com/)
- Thumbies (finger/hand/foot print keepsakes) <https://www.meadowhillco.com/>
- Free Photo Retouching, see our PHOTOGRAPHY section in this Resource Guide

## Additional Resources

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

- online readings and resources
- songs
- podcasts
- films
- books
- Sunshine Foundation
- Childrensburial.org
- Rachel's Gift
- Rachelsgift.org