Caring for families who are experiencing the death of a baby during pregnancy or infancy is among the most challenging tasks in health care. Early stages of parenthood are supposed to be happy moments filled with excitement and joy. This only makes it that much more devastating when they are filled with sorrow and grief. The one constant in all scenarios is love for the baby and the need for care and compassion. Health professionals who provide that critical support can be a source of hope and light for people in their darkest days.

Star Legacy Foundation is a community of families and health professionals who are here to help you and the families you serve along the way. We hope the items here will be helpful information and resources. The prenatal care pieces are designed to empower families with information that could prevent them from joining the ‘club’ of bereaved parents.

Please let us know if we can support you, your team, and your clients! Thank you for sharing our belief that Every Pregnancy Deserves a Happy Ending.
Star Legacy Foundation
General Brochure
Includes general information about Star Legacy Foundation and our mission, vision, programs and projects.

Stillbirth Brochure
Helpful information for parents who anticipate or have experienced the stillbirth of their baby. Also available in Spanish, Hmong and Somali.

Navigating Miscarriage
Helpful information for parents experiencing a miscarriage including definitions, causes and navigating their own grief. Also available in Spanish, Hmong and Somali.

Sudden Unexpected Infant Death
This brochure is intended for the family experiencing the completely unexpected death of their infant. It includes information on definitions, family impact, grief and physical and emotional care going forward. Also available in Spanish, Hmong and Somali.

Coping With Infant Death
This brochure provides support to parents and families who experience the death of their baby when the cause of death is apparent. Whether accidental or anticipated this brochure provides information on creating memories, physical and emotional care and supportive resources. Also available in Spanish, Hmong and Somali.

Coping With Neonatal Death
This brochure supports families anticipating or experiencing the death of their newborn baby. It offers information on what to expect, physical and emotional care and ways to create memories of the baby.

Where to Begin When Your Baby Has Died
At the time of a baby’s death, reading volumes of information is just not likely or even possible. This brief card provides concise information that is timely and most important at the time of a death or when a stillbirth is anticipated. Greater details are available in other brochures. Also available in Spanish, Hmong and Somali.

A Father’s Grief
Dads are often overlooked out of concern for the mother when a baby dies. In addition, Dads feel the need to take care of their partner and tend to push their own grief into the background. This brochure is intended to help fathers understand that their grief is real, what to expect and how to cope. Also available in Spanish, Hmong and Somali.

A Father’s Grief
Finding your way out of the shadows

WHERE TO BEGIN
When your baby has died

TAKE YOUR TIME
Give yourself permission to feel a range of emotions. It feels overwhelming and it’s okay. It’s not abnormal to feel anger, sadness, guilt, or even relief. Be patient with yourself and allow yourself the time you need to heal.

ASK QUESTIONS
Ask any questions you have. Write your questions down to remember them later.

CREATE A BIRTH PLAN
If your baby has not yet been delivered it can be helpful to create a birth plan. This will allow you to communicate your wishes to your care provider in the event you need help. This will help alleviate stress and anxiety.

SPEND TIME WITH YOUR BABY
At the time of your baby’s death, you may choose to spend time with your baby. Be gentle and kind to yourself. Take the time you need to be with your baby.

TAKE CARE
Take care of your own needs. This is a difficult time and you need to take care of yourself. This is not the time to be an angel. Make sure you eat, sleep, and rest.

WHERE TO BEGIN
Finding your way out of the shadows

A FATHER’S GRIEF
Finding your way out of the shadows

Because every pregnancy deserves a happy ending

STILLBIRTH
Finding your way when your baby dies

COPING WITH INFANT DEATH
Finding your way when your baby dies

SUDDEN UNEXPECTED INFANT DEATH
Finding your way when your baby dies

NAVIGATING A MISCARRIAGE
Finding your way when your baby dies

COPING WITH NEONATAL DEATH
Finding your way when your baby dies

WHERE TO BEGIN
When your baby has died
Caring For Yourself After Prenatal Loss

A mother's body doesn't realize that her baby died. It carries on - the post-partum discomforts are real, including in many cases the production of milk. This brochure helps mothers understand what to expect and how to manage her physical and emotional discomforts. Also available in Spanish, Hmong and Somali.

Grief of Grandparents

Grandparents experience a unique duality in their grief when a baby dies. This brochure helps grandparents understand the nature of their grief and ways to be supportive of their own children immediately and going forward.

Finding Answers

This brochure is designed to facilitate difficult conversations to ensure families understand the options for testing that are available after the death of their baby. Content includes information about autopsy, blood tests, common concerns, and possible benefits.

Talking With Children

The birth of a new baby is anticipated by the entire family, including other children. This brochure helps to explain what children understand at various developmental levels and how to talk to them about the baby. This includes both children living at the time of the loss as well as children born subsequent to the loss.

Information For Military Families

The US armed forces has unique benefits available to military families who experience the loss of a pregnancy or the death of their baby. This brochure reviews these benefits.

Family & Friends

This brochure is a guide for friends and extended family members when a baby dies. It is intended to help individuals know how to best support grieving parents and grandparents at this very difficult time.

Parenting In Pregnancy Booklet

This booklet is for the pregnant woman anticipating the birth of a baby. It can be given very early on as it includes recommended healthy pregnancy habits. Also included is the most current information on topics such as monitoring your baby’s behavior, safe sleep and more. A brief summary card of this information is also available. Also available in Spanish, Hmong and Somali.

Minnesota Center for Stillbirth & Infant Death

Established in 2019 with support from the Minnesota Department of Health, this brochure describes the programs and projects available to Minnesota families who suffer pregnancy loss or the loss of a baby up to one year of age.
If you wake up on your back in the night, or if you get up and find that you cannot get back to sleep, try rolling over onto your side. This is known as the sleep position side-to-side. If you are not used to sleeping on your side, you may need to use a pillow behind your back to tilt you towards your side. This helps you stay on your side for the deepest and often longest sleep at night.

Side-to-Side Tip

Side-to-Side Tip: If you wake up on your back in the night, or if you get up and find that you cannot get back to sleep, try rolling over onto your side. This is known as the sleep position side-to-side. If you are not used to sleeping on your side, you may need to use a pillow behind your back to tilt you towards your side. This helps you stay on your side for the deepest and often longest sleep at night.

Safer For Pregnancy Poster and Refrigerator Magnet

You and your Baby are a Team

This information is a quick review of the most current recommendations regarding sleep, movements and early parenting. It is available in poster size for placement in waiting rooms, hallways, restrooms, etc. And a smaller card that comes with magnets to place it on the refrigerator. Also available in Spanish, Hmong and Somali.

Parenting In Pregnancy (reminder card)

This card is a review of topics covered in the Parenting in Pregnancy Booklet - it talks about healthy lifestyle during pregnancy, knowing your risk factors, learning to know your baby, quality sleep, monitoring baby and listening to maternal intuition. Also available in Spanish, Hmong and Somali.

Pregnancy Following Loss

A pregnancy subsequent to a previous loss is filled with anxieties and unknowns. This brochure offers guidance on when to plan another pregnancy, what to expect in a future pregnancy, emotional and physical care in a future pregnancy. Also available in Spanish, Hmong and Somali.

Pregnancy Research Project Informational Poster and Card

These items provide information about the Pregnancy Research Project. Posters can be placed in waiting rooms, restrooms, hallways or any area where potential study participants might see them. The smaller card is a condensed version of the same information intended for grab and go. The posters also have pads of business cards that can be fixed to the poster for interested individuals to take. Individual business cards are also available.

Safer For Pregnancy Reminder Card

This simple version of the Safer Pregnancy poster is designed to be a daily reminder of how to monitor the baby’s well-being. This card is available in English, Spanish, Somali, Arabic, Hmong, French, and Turkish.
Support Card Information
Star Legacy Foundation offers numerous support resources for bereaved families including support groups, grief support phone line and peer companions.

Baby Blessing Certificate
Free
Provide a keepsake certificate to families when a blessing ceremony is performed.

Certificate of Baptism
This Certifies That
Was Baptized in the name of the Father, Son and Holy Spirit
On the
day of
In the year
Officiated by

Random Act of Kindness Card
$3.00/25 cards
Honor a special person or baby with a Random Act of Kindness. Many families like to do this to commemorate birthdays, holidays and other special occasions - or just because. Simply perform an act of kindness - buy a stranger's meal, leave a small gift, mow someone's lawn, give a movie ticket. The sky is the limit - use your imagination - even the smallest gesture in your baby's memory will brighten someone's day.

Hand/Footprint Card
Free
Memories are all that is left after a baby dies. Help families preserve these priceless memories by taking hand/footprints of their precious child.

Support Card Information
Star Legacy Foundation offers numerous support resources for bereaved families including support groups, grief support phone line and peer companions.

Información de la tarjeta de soporte
Star Legacy Foundation ofrece numerosos recursos de apoyo para familias en duelo, incluidos grupos de apoyo, línea telefónica de apoyo para el duelo y compañeros de trabajo.
(Spanish support group)

Random Act of Kindness Card
$3.00/25 cards
Honor a special person or baby with a Random Act of Kindness. Many families like to do this to commemorate birthdays, holidays and other special occasions - or just because. Simply perform an act of kindness - buy a stranger's meal, leave a small gift, mow someone's lawn, give a movie ticket. The sky is the limit - use your imagination - even the smallest gesture in your baby's memory will brighten someone's day.

Hand/Footprint Card
Free
Memories are all that is left after a baby dies. Help families preserve these priceless memories by taking hand/footprints of their precious child.
Remembering
A moment in our arms, forever in our hearts.

Rainbow Baby Card
Free
Provide a gentle reminder to all who care for moms in a pregnancy subsequent to a loss. Let your staff and visitors know that this family has survived a terrible tragedy and are faced with many anxieties bringing another baby into the world. (Limited quantities)

Hospital Loss Door Sign
Free
Place on the patient room door as a reminder to all who enter that a loss delivery is behind the door and sensitivity is important.

Remembrance Candle
$15.00
Memorial candle personalized with your baby's name and dates.

October Awareness Yard Sign
$40.00
18x24 yard sign to honor the memory of a precious family member. Includes wire frame stand.

Support/Awareness Wristband
$1.00
Wear this silicone wristband in support of a loved one or to help raise awareness. “Because Every Pregnancy Deserves A Happy Ending.”

Pregnancy & Infant Loss Awareness
Always loved, never forgotten

www.starlegacyfoundation.org

Remembering During October Pregnancy & Infant Loss Awareness Month

Name

www.starlegacyfoundation.org

Rainbow Baby Card

Birth in Progress

www.starlegacyfoundation.org
Baby Items
Star Legacy Foundation has dedicated seamstresses who take donated gowns and other items to re-purpose into items appreciated by families in their darkest moments. We always have a large selection of gowns, blankets, diapers, hats and more. All items come in boy/girl/neutral colors and in a variety of sizes. Contact us to discuss your needs and we will get some things right out to you.

Star Legacy Foundation Ceramic Mug
$15.00
Enjoy your cup of warm beverage in our own Star Legacy cup.

Star Legacy Foundation Cookbook
15.00
Enjoy recipes compiled by families in memory of their babies. Limited Supply Available

Forget Me Not Seeds
$2.50
The dainty and beautiful forget-me-not flower has become a tender symbol of bereavement support.
How To Order

These materials are available free of charge to health professionals/facilities and impacted families.

To order, visit
https://starlegacy.z2systems.com/np/clients/starlegacy/giftstore.jsp
OR send an email to info@starlegacyfoundation.org
OR call 952-715-7731

OR scan this QR code with your mobile device to access our website.