

Ohio Chapter of the Star Legacy Foundation

November 2018 newsletter



STAR LEGACY
FOUNDATION
Ohio Chapter

Star Legacy marks Pregnancy and Infant Loss Awareness Month

We don't need to repeat the statistics to you. You likely know all too well that 1 in every 160 pregnancies ends in stillbirth.

But in October, to honor international Pregnancy and Infant Loss Awareness Month, Star Legacy aimed to spread the message around the world. We hope to prevent stillbirth by educating pregnant women on the statistics, teaching parents about best practices and encouraging everyone to take action.

Here are a few of the social media posts from the Star Legacy campaign.



Meet up with fellow loss parents



The Ohio Chapter of the Star Legacy Foundation hosted its first meet up in February.

Looking to meet parents who have suffered a loss, to share stories and honor your babies? Join the Ohio chapter for a meet up Sunday, Nov. 18, at Masthead Brewing Co. in Cleveland.

"As the holidays approach, building a support system around yourself is vital," says Star Legacy Northeast Ohio Chair Kati Smith, who is organizing the event. "Know you're not alone."

Here's the Facebook event link:
<https://www.facebook.com/events/357410774832710/>

Who: Adults only, please

Where: Masthead, a local brewpub with great pizza, [1261 Superior Avenue](#).

When: 2-4 p.m. Nov. 18

Interested in hosting a meet up near you? We'd love that! Contact Kati Smith at kati5698@gmail.com.

Stillbirth in the news

Lots of news about infant loss October:

Ohio is encouraging pregnant women to track fetal movement in the third trimester of pregnancy by counting and tracking kicks: [cleveland.com](#)

A BBC journalist shares her own story of stillbirth and the grief of five other women: [BBC.com](#)

A documentary exploring the cultural stigmas surrounding pregnancy loss and infertility: [Don't Talk about the Baby](#)

New memorial baby book for parents of babies gone too soon: [starlegacy.com](#)

You're warned about these dangers to your child's life: **Why not stillbirth?**



Many stillbirths are preventable. October is Pregnancy & Infant Loss Awareness Month www.starlegacyfoundation.org

#NeverBeStill



Source: CDC, National Vital Statistics Vol 56, No 10 (October, 2010) & Vol 54, No 8 (April and February Reports, 08, 2010); CDC, National Health Statistics Division Surveillance "Selected Annual Summary, 2014"

One on the pain of the holidays:

Thanksgiving Grief: finding gratitude when you're anything but grateful: Whatsyourgrief.com

Want more Star Legacy Ohio news?

Find us on Facebook at www.facebook.com/OhioStarLegacyFoundation and on Twitter @OhioStarLegacy. We're always looking for volunteers.

A few ways you can get involved:

- Come to a meet-up
- Deliver literature to doctors' offices and hospitals
- Host a table at a walk
- Sew baby gowns from donated wedding dresses

For more information, email ohiochapter@starlegacyfoundation.org.

There is no foot too small that it cannot leave an imprint in this world.



October is Pregnancy and Infant Loss Awareness Month

#NEVERBESTILL

Because Every Pregnancy Deserves A Happy Ending

70 babies - a school bus full of children - will be born still today.



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Where there is **great grief**, there is **great love**.
We remember them.



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