

AFTER YOUR LOSS...

A RESOURCE GUIDE FOR FAMILIES

Provided by Star Legacy Foundation Virginia 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, for additional support or if you have anything you would like added to this resource guide:
952-715-7731 ext. 720 OR virginia@starlegacyfoundation.org

An electronic copy of this resource packet can be found here:
<http://starlegacyfoundation.org/virginia-chapter/>

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BEFORE DELIVERY (IF POSSIBLE) CHECKLIST

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

| ✓ | TO DO LIST | ADDITIONAL INFORMATION |
|---|--|--|
| | 1. Contact a professional photographer* | <ul style="list-style-type: none"> ★ SLF or NILMDTS ★ Have someone other than the parents call if possible, to let them know the circumstances and potential timeframe |
| | 2. Contact professional or peer support to help you through labor and delivery* | <ul style="list-style-type: none"> ★ Doula ★ Acupuncture ★ Peer Companion ★ Counselor/Therapist |
| | 3. Contact local funeral homes* | <ul style="list-style-type: none"> ★ Discuss finances ★ Cremation vs. burial ★ Financial assistance is available for those who qualify. See our FINANCIAL ASSISTANCE section for more details |
| | 4. Make a decision about having an autopsy, genetic testing, etc.* | <ul style="list-style-type: none"> ★ Read SLF brochure ★ Determine costs covered by the hospital ★ Discuss with hospital staff ★ Request to speak with the pathologist if you have any questions. ★ Financial assistance is available: Angel Name Association, 518-654-2411 |
| | 5. Complete the Virginia Application of Stillbirth* | <ul style="list-style-type: none"> ★ Request that the hospital social worker help you complete the form if you need assistance. ★ Complete this form so you have it. You can make the decision to mail it in at a later time. |
| | 6. Make a decision about organ donation* | <ul style="list-style-type: none"> ★ Decide if organ donation is an option and if this is something you and your family would like to consider. |

***Visit each tab in this Resource Guide for additional details and information.**

AFTER DELIVERY CHECKLIST

Consider asking family members, hospital staff, or one of our Trained Peer Companions to assist you with any/all of these items.

| ✓ | TO DO LIST | ADDITIONAL INFORMATION |
|---|--|--|
| | 1. Make memories with your baby* | ★ Utilize this precious and limited time with your beautiful baby/babies. |
| | 2. Reach out to your professional photographer ASAP | ★ Ask for whatever pictures you would like ★ Consider taking family pictures with grandparents, living children, etc. |
| | 3. Contact the funeral home you selected to finalize arrangements | ★ If you decide on an autopsy, discuss this with your funeral director. A viewing should still be an option. |
| | 4. Decide how you would like to address your milk production* | ★ Donate milk ★ Save some milk to make jewelry ★ Cabocrema – to help with ending milk production |
| | 5. Ask someone to create a meal train or for when you return home from the hospital | ★ www.mealtrain.com |
| | 6. Contact a professional therapist and schedule your first appointment | ★ Ask about costs and if insurance is accepted |

***Visit each tab in this Resource Guide for additional details and information.**

1. MAKING MEMORIES WITH YOUR BABY

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 are lacking 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 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 (see the Photography section)
- ★ 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
- ★ Make a memory box or a memory book

2. PERINATAL BEREAVEMENT SUPPORT

Star Legacy Foundation Virginia Peer Companion Program (Free)

- ★ 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 at any time during your loss.
- ★ Call (952) 715-7731, ext. 720 or email virginia@starlegacyfoundation.org and the Virginia Family Support Chair will match you with a trained companion, who will contact you ASAP.

Star Legacy Foundation Online Support Groups (Free)

- ★ Star Legacy Foundation Virtual Support Groups:
<http://starlegacyfoundation.org/support-groups/>
 - **Bereaved Parents of Perinatal Loss** – 1st & 3rd Mondays of each month at 7:30 pm
This group is for parents who have lost a baby to pregnancy or neonatal loss.
 - **Pregnancy After a Loss** – every Monday at 8:30 pm
This group is for parents currently in a pregnancy following a prior loss.
 - **Parenting After Loss** – 1st Wednesday every month at 7:00 pm AND 9:30 om
This group is for parents who are raising a rainbow baby after a previous loss.
 - **Grandparents & Extended Family** – 1st Wednesdays of each month 8:30 pm
 - **Dad's Grief Discussion** – 2nd Monday of each month 7:30pm

Virginia Local Support Groups

- ★ The Compassionate Friends – www.compassionatefriends.org

“For parents that have lost a child, led by parents.”

 - Arlington- arligtontcf@gmail.com, www.tcfarlington.com
 - Chesapeake- Peggy Walker, 757-312-6776
 - Christiansburg- Cleo Williams, 540-731-2855, cswilliams@carillionclinic.org
 - Fairfax- Sarah Nova, sara.nova@missfoundation.org, fairfaxtcf@gmail.com

Carolyn Mara, 703-754-5836, carolynmaraVA@comcast.net

- Fredericksburg- Tammy Riuz, R.N., 540-741-3268
- Harrisonburg – Nancy Shelmo, 540-564-5118, www.gotormh.com
- Herndon- Jennifer Carr, 703-647-0911
- Lynchburg – RTS Bereavement Services, 434-200-4501
- Manassas – 571-229-0768, tcfmanassas@gmail.com
- Kempsville – Audrey Viands 757-995-7012 and Sandra Pipkin, aaviands.tcf@gmail.com
- Kenbridge – Margaret: 434-676-8746, Margie: 434-676-8511 *3rd Tues, Episcopal Church of St. Paul and St. Andrew @ 730pm
- Richmond –
 - Chesterfield: 804-458-9000 *last Tuesday, Matthias Episcopal Church
 - Midlothian: 804-254-0588
 - Richmond City:
 - Twyla Powell, 804-741-6562, twyla@missfoundation.org
 - Theresa Taylor, 804-864-7767
- Peninsula – Felicia Johnson, 757-384-0823, peninsulatcf@live.com
- Sandston- 757-876-2235 *3rd Thurs., Sandston Baptist Church @ 7pm
- Suffolk/Eclipse – Pat Seal, 757-238-2671, patsyanded@cox.net
- Tidewater (Virginia Beach) - 757-995-7012
- Williamsburg – Charlotte Moyler, 757-253-1220

Child and Adolescent Grief Services and Camps

- Mikey's Camp by Bon Secours - Children and teens can explore the normal process of grief, typically the 1st weekend of November.
 - Bon Secours Children's Bereavement
 - 757-737-2287 Beth Pile, Director

- Kidz'N Grief/Phoenix Rising by Bon Secours
 - Age specific group for ages 3-25 who have experienced the death of a loved one. Adult groups also meet.
 - Beth Pile, Audre_pile@bshsi.org, 757-737-2287
 - Newport News, VA
- Peace by Piece
 - Support for children and teens 5-18 who have experienced a significant loss. Held September – June
 - Sara Zandford, bereavement@edmarc.org, 757-967-9251
 - Portsmouth, VA
- Comfort Zone Camp – for kids 7-17 who have experienced the loss of a sibling, parent or caregiver
 - Free of charge and offered year round
 - www.comfortzonecamp.org, www.hellogrief.org
 - 804-377-3430
- Camp Lighthouse by Sentara - 2-day camp for children that have experienced the loss of a loved one within the last 2 years
 - Adult camps also available to parents, grandparents, and caregivers.
 - Southside: 757-553-3004, Typically not overnight, Chesapeake, VA
 - Peninsula: 757-736-0709, Typically not overnight, Williamsburg, VA
- Rainbows
 - Grief support services for children 5-14 and their parents
 - Jean Dilday, 757-482-3805, www.rainbows.org
 - Chesapeake, VA
- Adolescent Bereavement, Hospice of Piedmont
 - 434-817-6900, www.hopva.org
 - New River Valley, Southwest, VA and Charlottesville, VA

Local Support Groups

- **Northern Virginia/Fredericksburg/DC:**
 - Mary Washington Hospital Grief Services
 - Ann Bernardi, ann.bernardi@mwh.com, 540-741-1874
 - Registration required, classes are free
 - SHARE/ MIS- miscarriage, pregnancy and infant loss support
 - <http://misshare.org>, support@misshare.org
 - Meet 2nd Thursday @ St. Luke's United Methodist Church
 - SPAL- subsequent pregnancy after loss
 - Carolyn Mara, 703-629-4529, CarolynmaraVa@gmail.com
 - Falls Church, VA
 - Pregnancy Loss and Infant Death Peer Support Group
 - DC PLIDS- Erin Morris, www.dc-plids.org
 - Pregnancy After Loss
 - DC PALS- Blair Carter, PALSmeetupDC@gmail.com
 - Group meets on the 2nd Tuesday at 7pm
 - Life After Miscarriage & Perinatal Loss
 - DC- LAMPS- Sarah Novac, www.lifeaftermps.org
 - Group meets the 3rd Tuesday at 730pm
- **Richmond/Central Virginia/Northern Neck:**
 - Henrico Doctors Hospital
 - HCA Support Groups:
 - “Helping you through your Loss”: Meet on the 1st Thursday of each month, 804-2814-5549

- “Pregnancy and Infant Loss”: 1st Thursday of each month, 804-977-5862
- Bon Secours Bereavement Services
 - Monthly workshops, Support Groups, Referrals
 - bereavment@bshsi.org, 804-433-4710
 - *Individual counseling available if the loss occurred within the Bon Secours network
- Full Circle Grief Center
 - Carrie Schaeffer, 804-912-2947, carrie@fullcircle.org
 - Free 8-week support groups
 - Richmond, VA
- Virginia Women's Center
 - Monthly support groups, free of charge
 - 804-288-4084
- MISS- “Mothers in Sympathy and Support”, www.MISSfoundation.org
 - Support for mothers and fathers enduring the death of a baby from any cause at any time before and after pregnancy.
 - Richmond – www.facebook.com/MISSFoundationRVA ,
 - Karla Helbert, 804-892-2782, karla.helbery@missfoundation.org
 - Amy Mercurlo, amy.mercurlo@missfoundation.org
 - Jennifer Jerlando, Jennifer.jerlando@missfoundation.org
 - Linda Zaffram: 804-482-0852
 - St. Matthews Episcopal Church, Richmond
 - Bereaved Parents: 3rd Monday @ 7pm
 - Pregnancy after Loss: 2nd Tues @7pm

- Early Miscarriage: 1st Wednesday @630pm
 - Bon Air Presbyterian Church, Richmond
- Bereaved Parents: 1st Thursday @ 7pm
- Sisters in Hope
 - Bereaved Christian moms gather to offer support, encouragement, and hope
 - Peggy Greaser, 804-301-4166
 - Chesterfield, VA
- Noah's Children, Palliative and Hospice Care

Beth Smith, MRE, 804-287-7686

Ensure end of life dignity and quality in terminally ill children (prenatal through adolescence) and providing support to their families.
- **Charlottesville/Shenandoah Valley:**
 - Grief and Loss Support Group- Carilion Hospice Services
 - John LeMasters, 540-633-9370
 - Radford and Pulaski, VA and New River Valley areas
 - Empty Arms, Full Heart
 - Tammy James, tcjames@sentara.com, 434-654-5597
 - Charlottesville, VA
 - Hospice of Piedmont, Center for Grief and Healing
 - 1-800-975-5501, 434-817-6900, beareavementinfo@hop.org
 - Free counseling and trauma services, hotel discounts for family near hospital
 - GriefShare / Kids Haven
 - Diane Nash/Jocelyn Arthur, 434-239-0543
 - Lynchburg, VA

- **Hampton Roads/Virginia Beach/Middle Peninsula/Eastern Shore:**
 - Bon Secours Hope and Healing Center
 - Bereavement and support services at no cost, workshops, individual and caregiver support-
 - Perinatal Loss Support Group meets on the 2nd Tues @7pm at the Hampton Roads Bereavement Center in Newport News.
 - Shannon Renfro- 757-947-3371 Shannon_Renfro@bshsi.org
 - Newport News, Hampton, Williamsburg, Yorktown, Norfolk, Gloucester, and Portsmouth, VA
 - Sentara Hospice Bereavement Support
 - Southside: Dean Nowotny, 757-533-3140
 - Peninsula/Williamsburg: Karl West, 757-736-0723
 - Suffolk: Dawn Eure: 757-934-4797, dalindqu@sentara.com
 - Riverside Regional Hospice Center
 - Bereavement support groups, workshops, 7-week course offer 3 times/year
 - Newport News, Hampton, Williamsburg, Gloucester, and West Point
 - Bereavement Support @ 757-594-2745
 - Empty Arms Support Group
 - Ann Prescott, 757-545-2667
 - Meet on the 2nd Monday @ 7pm
 - Sentara Women's Health Source, Chesapeake, VA
 - Grief Support Group – www.riversideonline.com
 - Manie Mason, melanie.mason.rivhs.com, 757-789-5000
 - Eastern Shore
 - Hospice House & Support Care of Williamsburg
 - www.williamsburghospice.org

- Free Bereavement support groups and workshops
- SHARE
 - Nancy Goldman, 757-889-5300, nancy_goldman@bshsi.org
 - Support Groups meet:
 - 1st Tuesday of every month at 7:00pm at Bon Secours DePaul Medical Center, Norfolk, VA
- Ronald McDonald House Bereaved Parent Support Group
 - To RSVP, please email Linda.Baynes@chkd.org or call (757) 668-8246
 - Second Thursday of each month from 6:30-8pm
 - Norfolk, VA
- Grace Lutheran Church Bereaved Parent Support Group
 - (757)572-4609
 - GoodMourningLLC.com
 - Third Tuesday of every month 7-8:30p
 - Chesapeake, VA
- Bon Secours HR Perinatal Loss Support Group
 - 757-947-3371
 - Shannon.Renfro@bshsi.org
 - Second Tuesday of each Month 7-8:30p
 - Hampton Roads, VA
- CHKD- Bereaved parents support group, loss of a child under the age of 21, held quarterly
 - www.chkd.org
 - Chaplain Services: 757-668-8246
 - Norfolk, VA
- Edmarc- Community Grief Support
 - “Mom and Dads Group”: Support group open to parents that have lost a child under the age of 18.
 - Dinner and childcare are provided.
 - “Peace by Piece”: Peer support for children K-12 and their caregivers who have experienced the loss of a loved one.
 - Dinner is provided.
 - www.edmarc.org, bereavement@edmarc.org
 - Sara Zandford, 757-967-9251, zandfords@edmarc.org
 - Portsmouth, VA
- Pregnancy & Infant Loss Parent Support Group

- Peggy Walker, c/o Chesapeake General Hospital
- 757- 312-6776, 757 - 312-6144
- Chesapeake, VA

- The Parent's Group- Support for Bereaved Parents
 - Christin West, 757-479-0990
 - Virginia Beach, VA

- Good Mourning Counseling- Pregnancy and Infant Loss
 - Support for anyone that has experienced the loss of a baby due to miscarriage, stillbirth, and infant death.
 - Group meets @ Grace Lutheran Church, 3rd Tues. @7pm
 - Anisa Glowczak (757-809-2203) and Ann Prescott, Email prior to attending for the first time.
 - goodmourningcc@gmail.com
 - Chesapeake, VA

- Virginia Beach Parent Support
 - Michelle Worthing, 757-404-3747, 757-426-1358
 - Bayside Presbyterian Church, Virginia Beach, VA

- Tidewater SIDS Alliance
 - VASIDS.org
 - Heather Kiegel, 757-923-0367

- Catholic Charities
 - Groups meet 2nd and 4th Thursdays of each month
 - 757-467-7707
 - Virginia Beach, VA

3. BEREAVEMENT DOULAS

- Bella Vita Doula, Bereavement Doula
 - Caroline Tripp, (757) 790-3711, www.bellavitadoulava.com

- Pathlight - End of life Doula, Consultant, Bereavement and Grief Counselor, Certified Healing Touch Practitioner
 - Pam Bancroft, 804-349-6699, www.pathlight.com

- Stillbirthday - <https://stillbirthday.com/2011/11/19/starthere/>
 - <https://stillbirthday.com/sbd-connect/> - connect with a doula that is close to you geographically. Services available during any stage of your pregnancy or loss.

- End of life Doula
 - Shleby Kirillin and Nicky Hansen, 804-502-3667
 - www.peacefulpassings.wordpress.com

4. SELF CARE

The single most important thing that you can do is to be kind and to take time for yourself.

★ Acupuncture / Massage

- Healing Touch Relaxation Therapy at Bon Secours – Free Service
 - Available on Tuesdays, call for appointment 757-947-3420 X1
 - Newport News, VA
- White Rose Yoga
 - Laura Devine, lauradevine@gmail.com
 - Charlottesville, VA
- Healing Touch Massage Therapist
 - Pam Bancroft, 804-349-6699
 - Richmond, VA

★ Yoga/Exercise/Walking Groups

- Walking/Social Group

Chaplain Hannah Creager, 757-253-1220, call to confirm

★ Retreats – See "child and adolescent service" for age specific camps

- Bryan's Oasis
 - Hank and Peggy Graeser, 804-796-2021
 - Bed and Breakfast style retreat in the Blue Ridge mountains for bereaved parents and their families who are emotionally healthy, not in crisis. Free of charge.

★ Creative Time

- Mind-Body Art Essentials
 - Uses mind-body practice and art therapy to support the grieving process, facilitated by registered art therapists/psychotherapist
 - mindbodyartes@gmail.com, www.midbodyartessentials.com
- Collage Group, free

- Mary Washington Hospital, Ann Bernardi,
ann.bernardi@mwhc.com, 540-741-1874 to register
- Meets 4th Monday of each month, 5-8pm

★ **Journaling**

- Finding Words for Grief Writing Group, free
 - Mary Washington Hospital, Ann Bernardi,
ann.bernardi@mwhc.com, 540-741-1874 to register
 - Meets Wednesdays, 4-530pm
- Riverside Regional "Journaling" Support Group
 - Contact Bereavement Support Coordinator, 757-594-2745 for details

5. PHOTOGRAPHY

The SLF encouraged families to contact the NILMDTS organization. If for some reason they are unable to assist you, SLF provides a list of trained volunteers who offer these services and talent free of charge.

- ★ Now I Lay Me Down to Sleep (free remembrance photographers)
www.nowilaymedowntosleep.org
 - Central and Eastern Virginia –
 - Dispatch can be reached between 7 am-10 pm, 757-349-6570
 - Fredericksburg/DC/NOVA –
 - Dispatch can be reached between 7am and 10 pm, 202-836-7235
- ★ The Virginia chapter of Star Legacy Foundation has compiled a list of local, independent, photographers who have graciously offered their services free of charge to take pictures of your beloved baby.
 - Hampton Roads/Southside
 - Chrisany Noble (910) 478-7836
 - Shannon Renfro (757) 310-7030
 - Hampton Roads/Peninsula
 - Shannon Renfro (757) 310-7030
 - Meredith Rose (757) 355-2912
 - Richmond/Central VA
 - Danielle McNeil (804)442-8474
 - Stephanie McFarland (540) 840-7241

- Emily Allred (540) 414-3934
- William Greene (804) 442-8474

★ **Free Photo Retouching**

- Many of these wonderful photographers are also willing to do **free photo retouching** of your amateur photographs.

Please email virginia@starlegacyfoundation.org for details.

6. PROFESSIONAL SUPPORT

24 Hour Crisis Hotlines:

| | |
|---|----------------|
| Lifeline- National..... | (800) 273-TALK |
| Youth Crisis Hotline..... | (800) 448-4663 |
| First Candle/National SIDS Hotline..... | (800) 221-7437 |
| Charles City/New Kent..... | (804) 966-2496 |
| Chesterfield..... | (804) 748-6356 |
| Goochland..... | (804) 556-3716 |
| Hanover..... | (804) 365-4200 |
| Henrico..... | (804) 727-8484 |
| Powhatan..... | (804) 598-2697 |
| Richmond..... | (804) 819-4100 |

One-on-one professional Support

Please contact each individual for costs and insurance coverage.

Virtual Options-

- ★ Jennifer Pellillo Howard, LPC, <https://mommy-sos.com/index.html>
- ★ Christina O'Flaherty, PsyD, <http://christinaoflaherty.com/>
 - Offers free session to parents suffering from perinatal loss via videoconferencing.

Central Virginia:

- ★ A comprehensive list of professional counselors can be found at: www.fullcirclegc.org

Hampton Roads/Virginia Beach:

- Deborah Jolly- 757-517-2436 (Chesapeake)
- Shannon Renfro, GC-C, shannonrenfro@bshsi.org,
<https://bonsecours.com/hampton-roads/our-services/bereavement-center> - No cost

- NMCP Social Work Grief Counseling
 - Ms. Davies-Morris, LCSW, ACSW, 757-953-5861

Northern Virginia/DC:

- Robyn Brickel, MA, LMFT, <https://brickelandassociates.com/>
- Debra Caplowe, LCSW, <https://debracaplowe.com/>
- Elizabeth Wilkins-McKee, LCSW, elizwilkinsmckee@gmail.com

Piedmont Region:

7. BREASTMILK DONATION AND ENDING MILK PRODUCTION

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 know that if you wish, you have the option of donating your milk to infants in need.

- ★ Children's Hospital of the King's Daughters
 - www.CHKD.org, kdmilkbank@chkd.org
 - 757-668-6455
- ★ Open donations on sites such as Facebook are available. There are several groups that are private that you can join.
 - "Human milk 4 Human Babies" (HM4HB) is a global breast milk coordinator.
- ★ Ending Milk Production with **CaboCreme**: If and when you decide that you would like to stop producing milk, many mothers have found that CaboCreme is helpful. This product is concentrated cabbage extract in a lotion base that will help suppress lactation. For women who are currently producing milk, it will reduce engorgement and speed up the milk drying up. For women who have recently given birth but will not be nursing, it can prevent or minimize milk coming in. A single tube of cream is usually sufficient to completely suppress milk for loss mothers if started early and used regularly.

Purchase using any one of these links:

- SLF Store: <https://tinyurl.com/ydy9lqpk>
- Amazon: <https://tinyurl.com/y7kzu3do>
- CaboCreme: <http://www.cabocreame.com/>

- ★ Please see the KEEPSAKES tab for options you have with breastmilk jewelry.

8. CERTIFICATE OF BIRTH RESULTING IN A STILLBIRTH

In the state of Virginia, a Certificate of Birth resulting in Stillbirth is now available. We understand that requesting a Certificate of Birth Resulting in a Stillbirth may be a difficult decision for you and your family. We want to help guide you in making a decision that is best for you at this time.

We suggest that if you decide to submit a request that you visit the Virginia Department of Health's Vital Record website for guidance. The parent must mail a written request to the State Registrar. There is a \$12 fee.

<http://www.vdh.virginia.gov/vital-records/procedure-for-filling-requests-for-a-certificate-of-birth-resulting-in-a-stillbirth/>

9. FINDING ANSWERS

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. Please request a copy of our pamphlet, Finding Answers, for more details.

Below you will find the different testing options you may have. Please discuss these options with your health care provider since costs and medical history may determine what testing you can request.

- Detailed pregnancy history
- Physical examination of the baby
- Maternal blood tests
- Placenta and umbilical cord pathology
- Medical imaging
- Genetic testing
- Partial autopsy
- Full autopsy

★ Financial assistance may be available to you. Please see our FINANCIAL ASSISTANCE tab in this resource guide.

★ Article written by Lindsey Wimmer, MSN, CPNP:



<http://starlegacyfoundation.org/my-baby-is-dead-what-happened/>

Dr. Harvey Kilman, 203-785-7642

- o Contact Dr. Kilman if you would like him to perform testing and/or review testing.
- o <https://medicine.yale.edu/obgyn/kliman/placenta/pregnancyloss/>

10. 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.

- o Lifenet Donor Family Services, 1-800-847-7831
 - www.HealingTheSpirit.org
 - Support services to grieving donor families, find meaning in tragedy and honor the lives of loved ones

11. FUNERAL/BURIAL INFORMATION

Many local funeral homes (including those listed below) offer free/reduced cost services and products for burial or cremation. Inquire with funeral homes in your area to see what options they can offer.

*We also recommend that patients contact **A Mother's Peace** for questions regarding funerals, burials, and transfer of the baby's remains. They offer a compassionate and deep understanding of the burial process. You may contact Kara Palladino @ 571-781-2419 or info@amomspeace.org.*

| Name | Contact | Costs |
|--|---|--|
| Bliley's Internment of Angels Richmond | Bliley Funeral Home Jenny Bliley 804-355-3800 | ★ A cooperative among Richmond Area hospitals, Bliley's and the Catholic Diocese that provides NO COST funeral and internment. |
| Morrisett Funeral Home Richmond | | ★ No cost funeral services or cremation for infants |
| Amory Funeral Home Yorktown | Michael (757) 898-5722 | ★ No cost funeral or cremation for children under age 12 |

| | | |
|---|--|---|
| Welch Funeral Home Warsaw | Paul Welch 804-333-3770 | ★ <i>Support and assistance with burial/cremation costs to local families experiencing the loss of their child.</i> |
| Fairfax Memorial Funeral Home Fairfax | 703-425-9702 www.fairfaxmemorialfuneralhome.com | ★ Provide funeral and burial assistance |
| Money and King Vienna | 703-938-7440 www.moneyandking.com | ★ Provide funeral and burial assistance |
| Enders and Shirley Clark County Frederick County | www.endersandshirley.com 540-955-1062 540-869-1563 | ★ Provide funeral and burial assistance |
| Jones Funeral Home Winchester and Stephens City | 540-662-2523 | ★ Provide funeral and burial assistance |

Planning a Funeral for a Baby Resource: <https://www.themorning.com/baby-funeral/>

Kennedy's Angel Gowns: Gowns and suits made to order for angel babies, financial assistance for burials

- www.kennedysangelgowns.org

Heaven's Gain: Services and products for families experiencing a loss

- <https://heavensgain.org/>

In the Light Urns: Infant specific urns

- <https://www.inthelighturns.com/youthful.html>

Trappist Caskets: Size specific and personalized caskets

- www.Trappistcaskets.com, 1-888-433-6934

Bridget's Cradles: Crocheted and knitted cradles donated to hospitals and organizations

- www.bridgetscradles.com, info@bridgetscradles.com

12. FINANCIAL ASSISTANCE

Several organizations can assist with funeral/burial expenses for those who qualify.

- ★ **Angel Name Association:** www.angelnames.org, 518-654-241, mgmosca@msn.com
 - ANA's SEOLE Program provides financial assistance for families of stillborn children. Through this program ANA is able to assist with expenses related to: autopsy, funeral/burial, cremation, cemetery plot, and headstone/monument
 - Contact the organization by email prior to completing the application to confirm eligibility.
 - Application: http://angelnames.org/wp-content/uploads/2016/07/RFA-FORM-with-FAQ-on-p1_2015.pdf
- ★ **Kelly Ryan Foundation:** www.kellyryanfoundation.org
 - KRF's mission is to provide financial assistance to families who have lost a baby but cannot afford a burial or cremation.
- ★ **The Tears Foundation:** www.thetearsfoundation.org
 - The TEARS Foundation seeks to compassionately lift a financial burden from families who have lost a baby by providing funds to assist with the cost of burial or cremation services.
 - Application: <https://fs22.formsite.com/thetearsfoundation/form16/index.html>
- ★ **Little Love Foundation:** <http://littlelovefoundation.blogspot.com/>
 - Resource and information to include financial assistance, memorial items, making arrangements, photography, keepsakes, and referrals.
- ★ **Skylar's Gift:** <http://skylersgift.org/programs/apply-for-funeral-or-cremation-assistance/>
 - Counseling and mental health services, income based financial assistance for funeral and burial costs

13. LOCAL EVENTS

Please follow us online for up-to-date information about any Star Legacy Foundation events. <https://starlegacyfoundation.org/virginia-chapter/> or our Facebook page @ <https://www.facebook.com/slfva1/>

- ★ Saturday June 8, 2019 - TOSS OUT STILLBIRTH @ New District Brewing Company
 - Family- friendly cornhole tournament
 - Arlington, VA

14. KEEPSAKES

- ★ 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
- ★ Held Your Whole Life (remembrance jewelry, free but pay \$5 shipping fee) 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
 - www.beyondthewillowtree.com/
 - www.laitdelavie.com
 - www.mammasliquidlove.com
 - <https://babybeehummingbirds.com.au/>
 - www.breastmilkjewelry.com/
- ★ Thumbies (finger/hand/foot print keepsakes) <https://www.meadowhillco.com/>
- ★ Free Photo Retouching, see our PHOTOGRAPHY section in this Resource Guide

15. ONLINE READING & RESOURCES

Organizations & Publications

- ★ Star Legacy Foundation www.starlegacyfoundation.org
- ★ 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
- ★ Carly Marie Project Heal www.carlymarieprojectheal.com

- ★ Hope After Loss www.hopeafterloss.org
- ★ Stories of Babies Born Still: <https://storiesofbabiesbornstill.org/>
- ★ Still Birth Day www.stillbirthday.com
- ★ Unspoken Grief www.unspokengrief.com
- ★ Seleni Institute www.seleni.org/advice-support/miscarriage-child-loss
- ★ Anchors for Hope www.anchorsforhope.org
- ★ Through the Heart www.throughtheheart.org
- ★ October 15th Pregnancy & Infant Loss Remembrance Day www.october15th.com
- ★ 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.ahartbreakingchoice.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

- ★ 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

Facebook Groups

- ★ Star Legacy Foundation: www.facebook.com/StarLegacyFoundation
Western NY Chapter: www.facebook.com/starlegacyfoundationwesternny/
- ★ Stillbirth Research & Education: www.facebook.com/groups/164040078102
- ★ Still Standing Magazine: www.facebook.com/StillStandingMAG
- ★ Stillbirth & Infant Loss Support Group: www.facebook.com/groups/362289933868253
- ★ All That Love Can Do - For Grandparents: www.facebook.com/groups/556440507701165
- ★ Babyloss Support for Agnostic & Atheist Moms: www.facebook.com/groups/369800506375450

16. RECOMMENDED SONGS

- ★ <http://loveisdeeperstill.blogspot.com/p/ive-always-loved-music-and-have-found.html>
- ★ <https://www.mend.org/music-and-songs>
- ★ <http://www.stillbornandstillbreathing.com/2013/11/grief-project-35-songs-for-mourning.html>
- ★ Winter Bear by Coby Grant
- ★ Something's Not Right by Lily Allen

17. RECOMMENDED PODCASTS

- ★ Star Legacy Foundation: <http://starlegacyfoundation.org/category/stillbirth-matters-podcast/>
- ★ The Joyful Mourning: <https://www.themorning.com/baby-funeral/>

18. RECOMMENDED FILMS

- ★ Don't Talk About the Baby – A documentary that explores the culture of shame and silence surrounding miscarriage, stillbirth and infertility. Too many men and women suffer in silence, and this film will be a tool for people to start conversations and spread awareness.
<https://www.donttalkaboutthebaby.com/>
- ★ 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. www.returntozeromovie.com

19. RECOMMENDED READING

For Adults

- ★ [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 Whose Child Dies Before Birth, At Birth, or Shortly After Birth](#) 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
- ★ [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

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
- ★ [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
- ★ *Note: the following books are out of print, but may be available at your local library.*
- ★ [Molly's Rosebush](#) by Janice Cohn
- ★ [Remembering Our Baby](#) by Patty Keough

- ★ [Thumpy's Story](#) by Nancy Dodge
- ★ [Our Baby Died. Why? Journal and Workbook for Children](#) by Jake Erling