AFTER YOUR LOSS…

A RESOURCE GUIDE FOR FAMILIES

Provided by Star Legacy Foundation Western NY 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. 715
westernny@starlegacyfoundation.org

An electronic copy of this resource packet can be found here:
http://starlegacyfoundation.org/western-ny-chapter/

Please email us at westernny@starlegacyfoundation.org if you have anything you would like added to this resource guide.

CONTENTS

1. MAKING MEMORIES WITH YOUR BABY.................................................................2
2. PERINATAL BEREAVEMENT SUPPORT...............................................................3
3. PROFESSIONAL SUPPORT ................................................................................4
4. SELF CARE ............................................................................................................5
5. BREASTMILK DONATION AND ENDING MILK PRODUCTION..........................5
6. ORGAN DONATION................................................................................................5
7. PHOTOGRAPHY....................................................................................................6
8. CERTIFICATE OF STILLBIRTH.............................................................................6
9. FINDING ANSWERS............................................................................................7
10. FUNERAL/BURIAL INFORMATION.....................................................................8
11. FINANCIAL ASSISTANCE ..................................................................................9
12. LOCAL EVENTS ..................................................................................................10
13. KEEPSAKES........................................................................................................11
14. SONGS................................................................................................................11
15. ONLINE READING & RESOURCES....................................................................11
16. RECOMMENDED READING..............................................................................13
17. RECOMMENDED FILMS....................................................................................14
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.

★ Hold your baby
★ Kiss your baby
★ Skin to skin contact after your baby is born
★ Ask for weight/height/head circumference measurements
★ Handprint/footprint
★ Hand/foot molds
★ Lock of hair keepsake
★ Bathe your baby
★ Take photos of labor/delivery/your baby (every part of their body)
★ Request professional photographs (see the Photography section)
★ Take videos
★ Journal the entire event (in writing/videos)
★ Religious rituals (ex: baptism, etc.)
★ Watch sports games on television with your baby
★ Play music
★ Read books
★ Make a memory box or a memory book
★ Dress your baby
2. PERINATAL BEREAVEMENT SUPPORT

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

Star Legacy Foundation Western NY 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 peercompanion@starlegacyfoundation.org and a Western NY companion will contact you within a couple hours.

Online Support Groups

★ Star Legacy Foundation Virtual Support Groups: http://starlegacyfoundation.org/support-groups/
  o 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.
  o Pregnancy After a Loss – every Monday at 8:30 pm
    This group is for parents currently in a pregnancy following a prior loss.
  o Parenting After Loss – 2nd & 4th Mondays at 12:00 pm
    This group is for parents who are raising a rainbow baby after a previous loss.
  o Grandparents & Extended Family – 1st Wednesdays of each month 7:30 pm

Local Support Groups

★ Face 2 Face: https://www.face2facerochester.com/
  o Meetings are held on the 4th Tuesday of every month at Lifetime Care, 3111 S. Winton Rd., Rochester, NY 14623 from 6 – 8 PM
  o The Mission of Face 2 Face Rochester NY is to provide emotional support and resources to those that have experienced a miscarriage, stillbirth or infant loss and to raise awareness about pregnancy/infant loss in the Greater Rochester Area.

★ Compassionate Friends: http://www.tcfrochester.org/
  o Meetings are the Second and Fourth Tuesdays of every month at First Unitarian Church, 220 Winton Road South, Rochester, NY 14620 from 7 – 9 PM
  o The Compassionate Friends is a nonprofit, self-help support organization for families who have experienced the death of a child of any age from any cause. There is no religious affiliation or membership requirements.

Doulas

★ Brianna Biehler, biehlerbirthinfo@gmail.com or 585-610-9619
  o https://biehlerbirth.com/
  o Please mention where you found her information if you wish to have her support you during childbirth as she will offer her services either discounted or free of charge on a case-by-case basis.
3. PROFESSIONAL SUPPORT

Please contact each individual for costs and insurance coverage.

★ Alexa Weeks (Therapist, Consultant and Coach),
  - https://www.mindfulwellnessrochester.com/
  - 20 N. Goodman Street, Rochester, NY 14607
  - 585-568-7806

★ Peg DeBaise (Therapist)
  - 95 Allens Creek Rd, Rochester, NY 14618
  - 585-683-9628

★ Erin Stronach (Psychologist), http://erinstronachphd.com/
  - 1580 Elmwood Avenue Suite D, Rochester, NY 14620
  - (585) 256-0400

★ Beth Cerrito (Psychologist), http://www.bethcerritophd.com/
  - 1357 Monroe Avenue, Rochester, NY 14618
  - (585) 442-9601, ext. 4 or beth@bethcerritophd.com

★ Kristie Jewitt (Therapist), http://kristiejewitt.com/
  - The Park at Allens Creek, 130 Allens Creek Road, Rochester, NY 14618
  - (585) 244-4161 or info@kristiejewitt.com

★ Emily Rein (Counselor), http://www.silverliningny.com/
  - 85 S. Union Street Suite 205, Spencerport, NY 14559
  - (585) 353-4977 or silverliningny@gmail.com

★ Nora Doebrich, (Therapist), www.healinghavenmassage.com/therapists.php
  - 1501 East Ave., Suite 101, Rochester, NY 14610
  - (585) 704-0704 or contact@healinghavenmassage.com

★ Stacey Kulik (Clinical Social Work/Therapist, LCSW)
  - 111 Marsh Road, Pittsford, NY14534
  - (585) 496-1525
  - Specializes in child therapy

The local support group, Face 2 Face, has also compiled a list of professional support. It can be found here. https://www.face2facerochester.com/professional
4. SELF CARE

★ Acupuncture
- A New Life Acupuncture: [www.anewlifeacupuncture.com](http://www.anewlifeacupuncture.com)
  - Specializes in the care of Women’s Health, Fertility, Pregnancy, Labor/Delivery, Postpartum, and Pediatric patients
  - In patient treating privileges at Highland, and Strong Memorial hospitals OB/GYN department through the University of Rochester

★ Yoga
- Flower City Yoga
  - [https://flowercityyoga.com/](https://flowercityyoga.com/)
  - Flower city Yoga is currently in the process of creating a class specific to woman who have experienced any form of perinatal loss (therapeutic pregnancy termination, miscarriage, stillbirth, infant death). This class is tentatively expected to begin September 2018. Please contact Nora (585-269-9167 or nora@flowercityyoga.com) for more details.

5. 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.

★ The New York Milk Bank: [www.nymilkbank.org](http://www.nymilkbank.org)

CaboCream: If and when you decide that you would like to stop producing milk, many mothers have found that CaboCream 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 link:
- SLF Store: [https://tinyurl.com/ydy9lqpk](https://tinyurl.com/ydy9lqpk)
- Amazon: [https://tinyurl.com/y7kzu3do](https://tinyurl.com/y7kzu3do)

6. 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/](https://www.mtfbiologics.org/)
7. PHOTOGRAPHY

★ Now I Lay Me Down to Sleep (free remembrance photographers)  
www.nowilaymedowntosleep.org

★ The Western NY 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. We ask that you be respectful of their time and limit phone calls to 8 AM and 10 PM. Feel free to email or send messages via Facebook 24/7. **We also ask that you utilize NILMDTS before contacting the photographers below.**

  - shivfisher@gmail.com and 585-354-3413
  - aprildamico244@gmail.com and 585-749-1155
- Gabriella Hunt:  [www.gabriellahunt.com](http://www.gabriellahunt.com)  
  - gabihuntphoto@gmail.com
- Lindsay Stephany:  [http://lindsaystephany.com/](http://lindsaystephany.com/)  
  - hello@lindsaystephany.com
- Gillian Crocca:  [www.gilliancrocca.com](http://www.gilliancrocca.com) (please give at least one day notice)  
  - gilliancrocca@gmail.com and 585-694-9531

Many of the photographers also are willing to do **free photo retouching** of your amateur photographs. Please contact them for details.

8. CERTIFICATE OF STILLBIRTH

We understand that requesting a Certificate of Stillbirth may be a difficult decision for you and your family. We wanted you to know how and why this certificate came to be to help guide you to make a decision that is best for you at this time.

We suggest that even if you do not decide to send in the application, you complete this with the hospital staff as a notary is needed to complete the form.


★ Still Parents NY is a group of parents that spent five years lobbying for the passage of the Certificate of Still Birth bill, which became law on September 23, 2011.
★ Link to download the application:  [https://www.health.ny.gov/forms/doh-5056.pdf](https://www.health.ny.gov/forms/doh-5056.pdf)
★ Link for more information:  [https://www.health.ny.gov/vital_records/fetal.htm](https://www.health.ny.gov/vital_records/fetal.htm)
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
10. 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.

GATES

- **James R Gray Funeral Home**, [https://jamesrgray.com/](https://jamesrgray.com/)
  - 1530 Buffalo Rd, 14624
  - Contact: Michael Collins 585-247-6360
  - Costs:
    - cremation fee is $100 - $125 for infants under 1, then by case by case basis and will also need to purchase an urn
    - burial fee costs depend on cemetery
    - calling hours costs are on a case by case basis

  - 219 Spencerport Rd, 14606
  - Contact: Joe DiPonzio 585-429-6700
  - Costs:
    - cremation fee is free but will need to purchase urn
    - burial fee costs depend on cemetery
    - calling hours costs are on a case by case basis

GREECE AND HILTON

  - Contact person: Katie Meeson
  - 1075 Long Pond Road, Rochester NY 14626 | Phone: (585) 227-2700
  - 38 East Ave., Hilton NY 14468 | Phone: (585) 392-1500
  - Discounts are available. Please contact for more details.

BRIGHTON AND WEBSTER

- **Anthony Funeral & Cremation Chapels**, [www.anthonychapels.com](http://www.anthonychapels.com)
  - Contact person: Lauren Anthony, lauren@anthonychapels.com, (585-244-0770)
  - 1031 Ridge Rd, Webster 14580 and 2305 Monroe Ave, 14618
  - Discounts are available. Please contact for details.
WEBSTER AND CITY OF ROCHESTER

★ Falvo Funeral Home
  - Contact person: Chris Falvo (585-872-1010)
  - 1395 N Goodman St, 14609 and 1295 Fairport Nine Mile Point Rd, Webster 14580
  - www.falvofuneralhome.com
  - Does not charge for stillborn cremation but will need to purchase the urn or casket if choosing burial. Infant costs are a case by case.

FAIRPORT

★ David A Doser Funeral Home
  - Contact person: David Doser (585-223-9144)
  - 76 S. Main St, Fairport, 14450
  - www.doserfuneralhome.com
  - No fees for babies, only fees such as casket or urn, etc. Please contact for more details.

In the Light Urns
  - A large selection of infant specific urns: https://www.inthelighturns.com/youthful.html

11. FINANCIAL ASSISTANCE

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

★ Monroe County Office of Faith-Based and Community Initiatives
  - https://www2.monroecounty.gov/hs-assistance.php
  - Make sure to let your funeral home know you wish to utilize this initiative immediately
  - The funeral home you are working with can help facilitate scheduling an appointment with our Funeral Assistance coordinator, you may contact her directly at: Monroe County Office of Faith-Based and Community Initiatives, 244 S. Plymouth Ave., Rochester, NY 14608 (585) 232-3386
  - Because funeral assistance is a component of the Temporary Assistance program, an in-person interview will be required.
  - For applicants determined to be eligible for Temporary Assistance, Monroe County will provide a funeral assistance grant up to $500 for deceased children aged five years or younger.
★ Cael’s Angels: [https://caelsangels.org/](https://caelsangels.org/)
  o Cael’s Angels Association is dedicated to raising awareness and support for bereaved families while helping with the unanticipated expenses of a stillbirth
  o Application: [https://caelsangels.org/requestassistance/](https://caelsangels.org/requestassistance/)

★ Angel Name Association: [www.angelnames.org](http://www.angelnames.org)
  o 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

★ Kelly Ryan Foundation: [www.kellyryanfoundation.org](http://www.kellyryanfoundation.org)
  o KRF’s mission is to provide financial assistance to families who have lost a baby but can not afford a burial or cremation.

★ The Tears Foundation: [www.thetearsfoundation.org](http://www.thetearsfoundation.org)
  o 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.

  o The Pink Zebra Club recognizes and supports the families of children with critical medical needs, both while experiencing long term NICU stays and in the face of infant loss.

### 12. LOCAL EVENTS

*Please search online for up-to-date information about any Star Legacy Foundation events.*

[http://starlegacyfoundation.org/events/](http://starlegacyfoundation.org/events/)

★ Star Legacy Foundation Western NY Chapter: 1st Annual A Starry Night Gala, November 10, 2018 [https://tinyurl.com/yazfoedl](https://tinyurl.com/yazfoedl)

★ Star Legacy Foundation: Walk to Remember, October 14, 2018 (Binghamton, NY) [https://tinyurl.com/yabwjrwg](https://tinyurl.com/yabwjrwg)

★ Face 2 Face: Annual Remembrance Ceremony, June (visit their Facebook page for details)

★ Participate in the “Wave of Light” on October 15th by lighting a candle at 7 PM in all time zones, all over the world. Keep your candle burning for at least an hour, which will create a wave of light over the entire world.
13. **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/
- Baby Bee Hummingbirds (breastmilk/hair/cord jewelry)
  www.babybeehummingbirds.com.au
- Thumbies (finger/hand/foot print keepsakes) https://www.meadowhillco.com/

14. **SONGS**

- https://www.mend.org/music-and-songs
- Winter Bear by Coby Grant
- Something’s Not Right by Lily Allen

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.aheartbreakingchoice.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 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 Ingrid 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
★ 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
★ 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

17. RECOMMENDED 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. www.returntozerothemovie.com