

## 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, for additional support or if you have anything you would like added to this resource guide:  
952-715-7731 ext. 715 OR [westernny@starlegacyfoundation.org](mailto:westernny@starlegacyfoundation.org)

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

## CONTENTS

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

## 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
	<b>1. Contact a professional photographer*</b>	<ul style="list-style-type: none"> <li>★ SLF or NILMDTS</li> <li>★ Have someone other than the parents call if possible to let them know the circumstances and potential timeframe</li> </ul>
	<b>2. Contact professional or peer support to help you through labor and delivery*</b>	<ul style="list-style-type: none"> <li>★ Doula</li> <li>★ Acupuncture</li> <li>★ Peer Companion</li> <li>★ Counselor/Therapist</li> </ul>
	<b>3. 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>4. Make a decision about having an autopsy, genetic testing, etc.*</b>	<ul style="list-style-type: none"> <li>★ Read SLF brochure</li> <li>★ Determine costs covered by the hospital</li> <li>★ Discuss with hospital staff</li> <li>★ Request to speak with the pathologist if you have any questions.</li> <li>★ Financial assistance is available: Angel Name Association, 518-654-2411</li> </ul>
	<b>5. Complete the NYS 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>
	<b>6. 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>

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

## 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>	★ Utilize this precious and limited time with your beautiful baby/babies.
	<b>2. Reach out to your professional photographer ASAP</b>	★ Ask for whatever pictures you would like ★ Consider taking family pictures with grandparents, living children, etc.
	<b>3. Contact the funeral home you selected to finalize arrangements</b>	★ If you decide on an autopsy, discuss this with your funeral director. A viewing should still be an option.
	<b>4. Decide how you would like to address your milk production*</b>	★ Donate milk ★ Save some milk to make jewelry ★ Cabocrema – to help with ending milk production
	<b>5. Ask someone to create a meal train or for when you return home from the hospital</b>	★ <a href="http://www.mealtrain.com">www.mealtrain.com</a>
	<b>6. Contact a professional therapist and schedule your first appointment</b>	★ 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

---

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

### Star Legacy Foundation Western NY 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. 2 or email [peercompanions@starlegacyfoundation.org](mailto:peercompanions@starlegacyfoundation.org) and a Western NY companion 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** – 1<sup>st</sup> 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

### Local Support Groups

- ★ **Face 2 Face (Free):** <https://www.face2facerochester.com/>
  - Meetings are held on the 4<sup>th</sup> Tuesday of every month at Lifetime Care, 3111 S. Winton Rd., Rochester, NY 14623 from 6 – 8 PM
  - 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 (Free):** [www.tcfrochester.org](http://www.tcfrochester.org)  
Christine Price, Chapter Co-Leader - [tcfcleader.christine@gmail.com](mailto:tcfcleader.christine@gmail.com)  
585-371-8415 (available via text or call)
  - 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
  - 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.

- ★ **A Caring Place (Free):** [www.lifetimecare.org](http://www.lifetimecare.org), 585-475-8800
  - 8 weekly sessions held at Lifetime Care Center for Compassion and Healing 3111 Winton Road South Rochester, New York 14623. Call 585-475-8800 for the next series.
  - Support offered to children and teens who have faced the loss of a significant person in their lives, be it a family member or close friend or peer. It was created to provide families a safe place to come together and receive support and comfort in their grief and to learn effective ways of coping with their feelings and experiences.

### 3. BEREAVEMENT DOULAS

---

- ★ Danielle Garcia, [dgarciabirthservices@gmail.com](mailto:dgarciabirthservices@gmail.com) or 585-752-0595
  - Stillbirthday (SBD) Certified Doula, <https://stillbirthday.com/>
  - Services are free of charge for a stillbirth (or loss soon after) delivery and one post-partum visit.
  - Able to work at any hospital in Monroe County and may be able to travel to surrounding counties per request
  - Contact can be made 24/7
- ★ Brianna Biehler, [biehlerbirthinfo@gmail.com](mailto:biehlerbirthinfo@gmail.com) or 585-610-9619
  - <https://biehlerbirth.com/>
  - 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.

### 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 (this means Patrick is able to practice)
- ★ **Yoga**
  - Flower City Yoga, <https://flowercityyoga.com/>, 585-269-9167
    - Meets every 3rd Sunday of each month from 2:00 - 3:00 PM.
    - Details: <https://flowercityyoga.com/yoga-after-pregnancy-birth-loss/>

## 5. PHOTOGRAPHY

---

- ★ Now I Lay Me Down to Sleep (free remembrance photographers)  
[www.nowilaymedowntosleep.org](http://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.

**Please contact our chapter at 952-715-7731 ext. 715 and we will contact our database of photographers.**

Please limit phone calls to 7 AM and 11 PM (if possible).

- Siobhan Fisher: <http://www.siobhanfisher.com/>
  - shivfisher@gmail.com and 585-354 -3413
- April D'Amico: <http://www.aprildamicophotography.com/>
  - aprildamico244@gmail.com and 585-749-1155
- Gabriella Hunt: [www.gabriellahunt.com](http://www.gabriellahunt.com)
  - gabihuntphoto@gmail.com
- Lindsay Stephany: <http://lindsaystephany.com/> and 585-734-3551
  - 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

### Free Photo Retouching

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

**Please email [westernny@starlegacyfoundation.org](mailto:westernny@starlegacyfoundation.org) with details.**



## 6. 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), <https://supportivehealing.wordpress.com/>
  - 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, NY 14534
  - (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>

## 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.*

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

- 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 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: <http://www.stillparentsny.webs.com/>

- ★ 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>
- ★ 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
- ★ 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
- Contact Dr. Kilman if you would like him to perform testing and/or review testing.
  - <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.*

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

## 11. 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.

Name	Contact	Costs
<b>GATES</b>  <b>James R Gray Funeral Home</b>  <a href="https://jamesgray.com/">https://jamesgray.com/</a>	1530 Buffalo Rd, 14624  Michael Collins: 585-247-6360	★ 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
<b>GATES</b>  <b>DiPonzio Funeral Home, Inc.</b>  <a href="http://www.diponziofh.com/">http://www.diponziofh.com/</a>	219 Spencerport Rd, 14606  Joe DiPonzio: 585-429-6700	★ 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
<b>BRIGHTON AND WEBSTER</b>  <b>Anthony Funeral &amp; Cremation Chapels</b>  <a href="http://www.anthonychapels.com">www.anthonychapels.com</a>	1031 Ridge Rd, Webster 14580  2305 Monroe Ave, 14618  Lauren Anthony: <a href="mailto:lauren@anthonychapels.com">lauren@anthonychapels.com</a> 585-244-0770	★ Discounts are available. Please contact for details.
<b>GREECE AND HILTON</b>  Vay-Schleich & Meeson Funeral and Cremation Chapel  <a href="http://www.meesonfamily.com">http://www.meesonfamily.com</a>	1075 Long Pond Road, Rochester NY 14626 Phone: (585) 227-2700  38 East Ave., Hilton NY 14468 Phone: (585) 392-1500  Katie Meeson	★ Discounts are available. Please contact for more details.
<b>WEBSTER AND CITY OF ROCHESTER</b>  <b>Falvo Funeral Home</b>  <a href="http://www.falvofuneralhome.com">www.falvofuneralhome.com</a>	1395 N Goodman St, 14609  1295 Fairport Nine Mile Point Rd, Webster 14580  Chris Falvo: 585-872-1010	★ 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.
<b>FAIRPORT</b>  <b>David A Doser Funeral Home</b>  <a href="http://www.doserfuneralhome.com">www.doserfuneralhome.com</a>	Contact person: David Doser (585-223-9144)  76 S. Main St, Fairport, 14450	★ No fees for babies, only fees such as casket or urn, etc. Please contact for more details

**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>

## 12. 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/>
  - Cael's Angels Association is dedicated to raising awareness and support for bereaved families while helping with the unanticipated expenses of a stillbirth
  - Application: <https://caelsangels.org/requestassistance/>
  
- ★ **Angel Name Association:** [www.angelnames.org](http://www.angelnames.org), 518-654-2411
  - 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
  - Application: [http://angelnames.org/wp-content/uploads/2016/07/RFA-FORM-with-FAQ-on-p1\\_2015.pdf](http://angelnames.org/wp-content/uploads/2016/07/RFA-FORM-with-FAQ-on-p1_2015.pdf)
  
- ★ **Kelly Ryan Foundation:** [www.kellyryanfoundation.org](http://www.kellyryanfoundation.org)
  - 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)
  - 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>
  
- ★ **The Pink Zebra Club:** <http://thepinkzebraclub.com/>
  - 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.

## 13. LOCAL EVENTS

---

Please search online for up-to-date information about any Star Legacy Foundation events. <http://starlegacyfoundation.org/events/>

- ★ Star Legacy Foundation Western NY Chapter: Annual A Starry Night Gala
- ★ Star Legacy Foundation: Walk to Remember, October 14, 2018 (Binghamton, NY)
- ★ Face 2 Face: Annual Remembrance Ceremony, June (visit their Facebook page for details) [www.face2facerochester.com](http://www.face2facerochester.com)
- ★ 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.

## 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](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
  - [www.beyondthewillowtree.com/](http://www.beyondthewillowtree.com/)
  - [www.laitdelavie.com](http://www.laitdelavie.com)
  - [www.mammasliquidlove.com](http://www.mammasliquidlove.com)
  - <https://babybeehummingbirds.com.au/>
  - [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

## 15. ONLINE READING & RESOURCES

---

### **Organizations & Publications**

- ★ Star Legacy Foundation [www.starlegacyfoundation.org](http://www.starlegacyfoundation.org)
- ★ Stillbirth Matters (Star Legacy Foundation Blog): [www.stillbirthmatters.org](http://www.stillbirthmatters.org)
- ★ MISS (Mothers in Sorrow & Sympathy) Foundation [www.missfoundation.org](http://www.missfoundation.org)
- ★ Return to Zero Center for Healing [www.returntozerohealingcenter.com](http://www.returntozerohealingcenter.com)
- ★ Still Standing Magazine [www.stillstandingmag.com](http://www.stillstandingmag.com)
- ★ Glow in the Woods [www.glowinthewoods.com](http://www.glowinthewoods.com)
- ★ Faces of Loss [www.facesofloss.com](http://www.facesofloss.com)
- ★ Grieving Dads [www.grievingdads.com](http://www.grievingdads.com)
- ★ Carly Marie Project Heal [www.carlymarieprojectheal.com](http://www.carlymarieprojectheal.com)
- ★ Hope After Loss [www.hopeafterloss.org](http://www.hopeafterloss.org)
- ★ Stories of Babies Born Still: <https://storiesofbabiesbornstill.org/>
- ★ Still Birth Day [www.stillbirthday.com](http://www.stillbirthday.com)
- ★ Unspoken Grief [www.unspokengrief.com](http://www.unspokengrief.com)
- ★ Seleni Institute [www.seleni.org/advice-support/miscarriage-child-loss](http://www.seleni.org/advice-support/miscarriage-child-loss)
- ★ Anchors for Hope [www.anchorsforhope.org](http://www.anchorsforhope.org)
- ★ Through the Heart [www.throughtheheart.org](http://www.throughtheheart.org)
- ★ October 15th Pregnancy & Infant Loss Remembrance Day [www.october15th.com](http://www.october15th.com)
- ★ Still Mothers: Living Childless After Loss [www.stillmothers.com](http://www.stillmothers.com)
- ★ CLIMB (Center for Loss in Multiple Births) [www.climb-support.org](http://www.climb-support.org)
- ★ A Heartbreaking Choice (medical interruption of pregnancy) [www.ahartbreakingchoice.com](http://www.ahartbreakingchoice.com)
- ★ PALS (Pregnancy After Loss Support) [www.pregnancyafterlosssupport.com](http://www.pregnancyafterlosssupport.com)
- ★ Compassionate Friends [www.compassionatefriends.org/](http://www.compassionatefriends.org/)
- ★ Bereaved Parents of the USA [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)
- ★ Global Alliance to Prevent Prematurity and Stillbirth [www.gapps.org](http://www.gapps.org)

### **Recommended Personal Blogs**

- ★ By the Brooke [www.bythebrooke.blogspot.com](http://www.bythebrooke.blogspot.com)
- ★ Scribbles and Crumbs [www.scribblesandcrumbs.com](http://www.scribblesandcrumbs.com)
- ★ Happy Sad Mama [www.happy-sadmama.blogspot.com](http://www.happy-sadmama.blogspot.com)
- ★ Tuesday's Hope [www.tuesdayshope.blogspot.com](http://www.tuesdayshope.blogspot.com)
- ★ Still Life with Circles [www.stilllifewithcircles.blogspot.com](http://www.stilllifewithcircles.blogspot.com)
- ★ Stillborn and Still Breathing [www.stillbornandstillbreathing.com](http://www.stillbornandstillbreathing.com)

### Facebook Groups

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



## 19. 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 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