

PERINATAL LOSS RESOURCES

Options are suggested but not necessarily endorsed or recommended

SUPPORT GROUPS:

- *Return to Zero: Hope* (<https://rtzhope.org/>) - RTZ HOPE is a national non-profit organization that provides holistic support, resources, and community for all people who have experienced unimaginable loss during the journey to parenthood.
 - Pregnancy and Infant Loss (Birthing Parent or Couples)
 - Recurrent Loss and Infertility (Birthing Parent)
 - Ending a Wanted Pregnancy (Birthing Parent or Couples)
 - People of Color Pregnancy and Infant Loss (Birthing Parent)
 - LGBTQ+ Affirming Space for Pregnancy and Infant Loss (Birthing and Non-Birthing Parents)
 - Early Pregnancy Loss (Birthing Parent)
 - Pregnancy After Loss (Birthing Parent)
 - Parenting After Loss (Birthing and Non-Birthing Parents)

- *Parents with Empty Arms Support Group* (St. Luke's Hospital, Schwartz Center, Room A, Cedar Rapids) - facilitated, self-help support group for parents who have lost a baby or young child (<2 years of age) due to ectopic pregnancy, miscarriage, stillbirth, sudden death, or terminal illness. Meets 3rd Monday of each month at 6:30-8:00PM. Contact: 319-369-7347.

- *The Compassionate Friends* – Supporting Family After a Child Dies
<https://www.compassionatefriends.org/home.aspx>

- Postpartum Support International online support groups (<https://www.postpartum.net/get-help/psi-online-support-meetings/>)
 - Black Moms in Loss Support Group
 - Early Pregnancy Loss Support from Moms
 - Fertility Challenges
 - Pregnancy After Loss
 - Pregnancy and Infant Loss for Moms
 - Pregnancy and Infant Loss for Parents
 - Stillbirth and Infant Loss for Moms
 - Termination for Medical Reasons

- *No Foot Too Small* (<https://www.nofoottoosmall.org/>) – “Together, may we CELEBRATE the babies we fought for and lost...COMMUNICATE the reality and heartbreak of infant mortality...And fund critical initiatives to support families experiencing loss while working to CURE the abnormalities that threaten healthy pregnancies every single day.”

- *Moms with Hope Group* – (Pella, IA) for moms who have lost a child due to miscarriage, stillbirth or infant death; “All moms are welcome, no matter where you are in the grief process and no matter how long it has been since your loss.” For more information on meetings (now virtual), call Deanne at 641-620-5050.

HOTLINES:

- First Candle phone support: Grief Counselors are available 24/7 at **1-800-221-7437**
- After-Abortion Talkline: **1-866-4-EXHALE** Exhale's free national talkline provides emotional support, resources, and information to women who have had abortions, as well as to their partners, family, friends, and allies. Calls are confidential. Service is available in multiple languages, including English, Spanish, Cantonese, Mandarin, and Vietnamese. Talkline is open during the following times: Monday through Friday, 5-10pm PST; Saturday and Sunday, 12-10pm PST.

GRIEF/LOSS WEB RESOURCES:

- *Return to Zero: Hope* (<https://rtzhope.org/>) - RTZ HOPE is a national non-profit organization that provides holistic support, resources, and community for all people who have experienced unimaginable loss during the journey to parenthood.
 - Retreats, pregnancy and infant loss provider directory, webinars and support groups, education and resources
- Remembering Our Babies - the official site of pregnancy and infant loss remembrance day: <http://www.october15th.com/>
- Support/resources for parents who have lost a child to miscarriage, stillbirth, SIDS, etc.:
 - <http://www.nationalshare.org/>
 - <http://facesofloss.com/>
 - <http://www.firstcandle.org/grieving-families/>
 - http://www.ncjwny.org/services_plsp.htm (also has Spanish-language resources)
 - <http://gruporenacer.wordpress.com/> (Spanish)
 - <http://www.babyloss.com>
 - <http://www.miscarriagesupport.org.nz>
 - <http://www.missfoundation.org>
 - <http://www.babiesremembered.org/>
 - <http://www.pailnetwork.ca/>
 - <http://www.handonline.org/>
 - <http://www.griefnet.org/>
 - Faith's Lodge: <https://faithslodge.org>
 - Still Standing** <http://stillstandingmag.com/>

The joyful mourning Instagram/website <http://www.themorning.com/>
- March of Dimes – information on pregnancy and newborn loss <http://www.marchofdimes.com/loss-grief.aspx#>
- National Perinatal Association <https://www.nationalperinatal.org/publications>
- Glow in the Woods - “parents of lost babies and potential of all kinds: come here to share the technicolour, the vividness, the despair, the heart-broken-open, the compassion we learn for others, having been through this mess — and see it reflected back at you, acknowledged, understood.” <http://www.glowinthewoods.com/>
- Still Standing Magazine: Surviving Child Loss & Infertility: <http://stillstandingmag.com/>
- Hannah’s Prayer Ministries – Christian support for fertility challenges or death of a baby <http://www.hannah.org/>

- M.E.N.D. (Mommies Enduring Neonatal Death) - Christian, non-profit organization that reaches out to families who have suffered the loss of a baby through miscarriage, stillbirth, or early infant death : <http://www.mend.org/>
- Nechama Comfort – *Supporting Jewish Families Through Pregnancy Loss* <https://www.nechamacomfort.org>
- MULTIPLES: Center for Loss in Multiple Birth (CLIMB): <http://www.climb-support.org/>

GRIEF/LOSS WEB RESOURCES:

- Grieving Dads website – option to contribute your own story: <http://grievingdads.com/>
- Grieve Out Loud – includes 1) a pen-pal program for bereaved parents or grandparents and 2) a very comprehensive resource page listing support services and products: <http://grieveoutloud.org/>
- A Butterfly's Touch - non-profit Christian organization providing support to parents whose lives have been impacted by the heartbreaking loss of a child to early pregnancy loss, stillbirth, or newborn death: <http://www.abutterflystouch.org/>
- “STILL is a feature length documentary film project aimed at breaking the cycle of silence surrounding pregnancy and infant loss. STILL will tell the stories of individuals and families from all walks of life who have suffered the death of a baby during pregnancy or infancy.” <http://stillproject.org/>
- Star Legacy Foundation - non-profit organization dedicated to stillbirth research and education; parents, families, and friends of stillborn babies who are dedicated to reducing the number of families that endure such a needless tragedy; mission is to increase awareness, support research, promote education, and encourage family advocacy. <http://starlegacyfoundation.org/>

GRIEF/LOSS BOOKS:

- *Love Lasts Forever: A Journal of Memories* by Noelle Andrew & Sheila Frascht (“this journal gives you the space to chronicle the story of your child...precious memories you never want to forget”)
- *Ghostbelly: A Memoir* by Elizabeth Heineman - the author’s personal account of a home birth that goes tragically wrong—ending in a stillbirth—and the harrowing process of grief and questioning that follows.
- *A Silent Sorrow – Pregnancy Loss: Guidance & Support for You & Your Family* by Ingrid Kohn & Perry-Lynn Moffitt
- *Empty Cradle, Broken Heart, Revised Edition: Surviving the Death of Your Baby* by Deborah Davis
- *Unspeakable Losses: Understanding the Experience of Pregnancy Loss, Miscarriage, & Abortion* by Kim Kluger-Bell
- *An Exact Replica of a Figment of My Imagination: A Memoir* by Elizabeth McCracken (McCracken tells her own story in this touching and often unexpectedly funny memoir about her life before and after losing her first child in the ninth month of pregnancy.)
- *Grieving Dads: To the Brink and Back* by Kelly Farley
- *This Lovely Life* by Vicki Forman

- *A Guide for Fathers: When a Baby Dies* by Tim Nelson
- *Forgotten Tears: A Grandmothers' Journey Through Grief* by Nina Bennett
- *Life Touches Life: A Mother's Story of Stillbirth and Healing* by Lorraine Ash & Christiane Northrup, MD
- *Our Babies Have Died: Stories of Miscarriage, Stillbirth, and Neonatal Death* by Sands Vic

GRIEF/LOSS BOOKS (cont'd):

- *Our Stories of Miscarriage: Healing with Words* by Rachel Faldet
- *The Anguish of Loss* by Julie Fritsch with Sherokee Ilse
- *When Bad Things Happen to Good People* by Harold Kushner
- *When a Baby Dies: The Experience of Late Miscarriage, Stillbirth, & Neonatal Death* by Nancy Kohner & Alix Henley
- *Couple Communication After a Baby Dies: Differing Perspectives* by Sherokee Ilse & Tim Nelson
- *Empty Arms: Coping with Miscarriage, Stillbirth, & Infant Death, Surviving the First Hours & Beyond* by Sherokee Ilse
- *When Hello Means Goodbye: A Guide for Parents Whose Child Dies Before Birth, at Birth, or Shortly After Birth* by Paul Kirk & Pat Schwiebert
- *Coping with Miscarriage: A Simple, Reassuring Guide to Emotional & Physical Healing* by Mimi Luebbermann
- *Surviving Pregnancy Loss: A Complete Sourcebook for Women & Their Families* by Rochelle Friedman & Bonnie Gradstein
- *Letter to a Child Never Born* by Oriana Fallaci
- *Healing Your Grieving Heart After Miscarriage: 100 Practical Ideas for Parents and Families* by Alan Wolfelt, PhD
- *Healing Your Grieving Heart After Stillbirth: 100 Practical Ideas for Parents and Families* by Alan Wolfelt, PhD & Raelynn Maloney, PhD

CHILDREN'S BOOKS ABOUT LOSS:

- *There Was a Baby* by Laura Camerona - This book is for children whose family experiences a miscarriage, stillbirth, or infant death. Oftentimes, families don't know how to explain something this tragic to a child. The book gives families words to support feelings that a child may have and to move forward as a family unit. Appropriate for children ages 1-11.
- *We Were Gonna Have a Baby, But We Had an Angel Instead* by Pat Schwiebert
- *Something Happened: A Book for Children and Parents Who Have Experienced Pregnancy Loss* by Cathy Blanford

- *The Invisible String* by Patrice Karst (discusses general loss or separation, not necessarily perinatal loss)

PREGNANCY AFTER LOSS:

- Pregnancy After Loss Support (PALS) – online support, web magazine, and other resources: <https://pregnancyafterlosssupport.org/>
- *Pregnancy After Loss Support: Love Letters to Moms Pregnant After Loss* by Emily Long: “This book is a simple book of love written for you, a mom pregnant again after loss, from other loss moms who have been where you are now.”
- *Pregnancy After Loss: A day-by-day plan to reassure and comfort you* by Zoe Clark-Coates: “The pages are packed with crucial advice, tips to overcome anxiety, stories from people who have encountered baby loss and journeyed subsequent pregnancies, wisdom from experts in healthcare, guidance to help process layers of grief, coupled with a day-by-day support journal to walk you through your entire pregnancy.”

IN MEMORY OF....:

- The Kindness Project - began in 1996 as a way for families to honor their deceased child and to help themselves heal by performing random (usually anonymous) acts of kindness in their community; a little card is left behind so that the person who benefits from the kindness knows that someone's life and death continues to matter. <http://www.missfoundation.org/support/kindness>

PRODUCTS & SERVICES:

- Heaven’s Gain - specializes in small baby caskets and burial products for families suffering the loss of a child through miscarriage, stillbirth, or infant death: <http://www.heavensgain.com/>
- Now I Lay Me Down To Sleep – “providing the gift of remembrance photography for parents suffering the loss of a baby”: website will help you locate a local photographer: <https://www.nowilaymedowntosleep.org/>
- Heartprints Photo Retouching - Heartprints is a digital photo retouching service for families who have lost a baby through stillbirth or prematurity: <http://personal.nbnet.nb.ca/crempel/Heartprints/>
- Little Angels online store (products for pregnancy and infant loss) <http://www.littleangelsonlinestore.com/Store/categories.php>
- My Forever Child – “keepsakes and jewelry for remembrance, healing and hope” <http://www.myforeverchild.com/>
- Perinatal loss booklet and brochures: <https://resolvethroughsharing.dcopy.net/category/perinatal-death-resources>
- **Carly Marie – Names in the sand** <http://theseashoreofremembrance.blogspot.com/2011/05/purchase-seashore-dedication.html>
- **letter necklace on Etsy:** http://www.etsy.com/listing/52330369/the-original-e-is-for-emmy-pick-your?ref=shop_home_active_1.
- **Children’s Memorial Lighthouse in Edgartown, Massachusetts, USA**

<http://www.childrenslighthouse Memorial.org/> or
<http://www.mvmuseum.org/children Memorial.php>

- Molly Bear www.mollybears.com
- Pressed flower Memorial Jewelry www.memorialflowerpreservation.com
- <https://www.etsy.com/shop/bugaboojewelry>
- <http://www.rememberingourbabies.net/store/Default.asp>
- cremation urns <https://www.etsy.com/people/LuciaUrns>
- Candle memorial set <https://www.etsy.com/listing/685277259/memorial-candle-gift-set-condolence-gift?ref=related-1&frs=1>

PODCASTS

- Life after miscarriage podcast
<https://podcasts.apple.com/us/podcast/life-after-miscarriage/id1445592983>
- As Long As I'm Living – SUIDS and all infant death
<https://www.instagram.com/aslongasimlivingpodcast/?hl=en>

TRAUMATIC CHILDBIRTH/PTSD

- Prevention and Treatment of Traumatic Childbirth (PATTCh) – has a great resource guide with article and tips.
<http://pattch.org/>

FETAL ANOMALIES: PREGNANCY CONTINUATION/ TERMINATION ISSUES – WEB & BOOK RESOURCES:

- Adopo: “We’re an international reproductive justice co-operative on a mission to provide holistic, stigma-free abortion care and education in our communities.” (has listings for abortion doulas)
<https://www.wearedopo.com/about>
- Ending a Wanted Pregnancy: <http://endingawantedpregnancy.com/>
- Terminations Remembered: <https://terminationsremembered.com/tfmr-stories/> A safe space to find support and honor our angels after the hardest choice- termination of a desired pregnancy for medical reasons.
- *Precious Lives Painful Choices: A Prenatal Decision-Making Guide* by Sherokee Ilse

FETAL ANOMALIES: PREGNANCY CONTINUATION/ TERMINATION ISSUES (Cont'd):

- *A Gift of Time: Continuing Your Pregnancy When Your Baby's Life is Expected to Be Brief* by Amy Kuebelbeck & Deborah Davis, PhD
- *A Time to Decide a Time to Heal: For Parents Making Difficult Decisions About Babies They Love* by Molly Minnick, Kathleen Delp, & Mary Ciotti
- *Our Heartbreaking Choices: Forty-Six Women Share Their Stories of Interrupting a Much-Wanted Pregnancy* by Christie Brooks
- AmnioDex amniocentesis decision explorer <http://www.amniodex.com/>
- Blog for women who have undergone abortion after 20 weeks gestation due to fetal anomalies. ("We are the face of later abortion. Real stories from real women.") <http://1in10blog.wordpress.com/>
- <http://www.arc-uk.org/> Antenatal Results and Choices website – London-based
- <http://www.ahheartbreakingchoice.com/> - Website for parents who have undergone pregnancy termination due to poor prenatal diagnosis.
- babycenter.com ("termination for medical reasons" message boards & online support groups)
- Perinatal ComfortCare - program designed for parents who have received a devastating prenatal diagnosis of "incompatible with life" and choose to continue the pregnancy. <http://perinatalcomfortcare.org/>
- <https://www.perinatalhospice.org/> - Perinatal Hospice & Palliative Care: Continuing Your Pregnancy When Your Baby's Life Is Expected to Be Brief
- <https://isaiahspromise.net/> - Isaiah's Promise: Support for Families Carrying to Term After a Severe or Fatal Prenatal Diagnosis
- <https://carryingtotermin.org/>
- All That Love Can do: http://allthatlovecando.blogspot.com/p/for-fathers_19.html

HANDOUTS/ARTICLES AVAILABLE – PLEASE REQUEST ONE!**MISCARRIAGE/RECURRENT PREGNANCY LOSS:**

- Miscarriage and the sense of personal failure
- Recurrent pregnancy loss
- ASRM Patient's Fact Sheet: Recurrent pregnancy loss
- Suspected causes of recurrent pregnancy loss
- Increased risk for postpartum psychiatric disorders among women with past pregnancy loss
- To our family and friends: what to say and what not to say

GENERAL MENTAL HEALTH ISSUES:

- How to talk to someone about depression
- Building your resilience
- Sleep hygiene
- Mood-boosting workouts
- Eat to beat stress
- What works and what doesn't (psychotropic and related medications)
- Deep breathing exercise
- Progressive muscle relaxation exercise