



B!RTHFIT®

*Infant Loss*



**A Letter from Rachel Tenpenny** Bereaved Mother, Teamotions co-founder and CVO,  
and Certified Grief Recovery Specialist

Dear Soon-To-Be BIRTHFIT Parents,

The very idea of creating an Infant Loss Plan goes against every instinct we have as parents. It seems like a terrible idea and feels unhelpful. After all, babies are meant to be born, not to die. And the mothers and fathers that fall in love with them ought to set their heart and expectations only on the positive. Why would any loving parent waste even a single second believing anything except that their babies are going to belong to them forever?

Having experienced the deaths of both of my twin daughters in 2008, I know first hand that all the positive thinking and love in the world didn't prevent Aubrey and Ellie from dying. My babies and I became a statistic in the blink of an eye. And although the death of an infant is a rare thing, it does happen, and when it does it is devastating. We are not helping anyone by pretending that babies don't die or that only other people's babies die. As a matter of fact, we just heap pain on pain by refusing to have this conversation and make a better way for those who need it.

The purpose of this Infant Loss Plan is not to strike fear in the hearts of expecting parents nor rob them of anticipation and joy. This plan is motivated purely by love and compassion. It is for the blindsided parents who find themselves where they never imagined they'd be. It is a brave just-in-case document that refuses to let a single hurting parent fall by the wayside on a technicality.

It is my hope that no one will ever need this plan. But for the few who find themselves where I did, I hope the insight and information here guides you through the hardest time of your life with more support than I had, less regrets than I have, and a sense of peace knowing you did the best you could and you are not alone.

With compassion,

Rachel Tenpenny

# INFANT LOSS PLAN

## STEP 1: Information Inventory

BABY'S NAME:

SEX:

EXPECTED DUE DATE:

MOTHER'S NAME:

ADDRESS:

CELL:

EMAIL:

FATHER'S NAME:

ADDRESS:

CELL:

EMAIL:

MOTHER'S PARTNER:   
(if different from father)

ADDRESS:

CELL:

EMAIL:

# Point Person

Select a Point Person A Point Person is a trusted friend or family member chosen by mother/couple to be the main contact and go-between in the event of infant death. In other words, they protect the couple from being bombarded by questions and inquiries or having to explain everything a hundred times and disseminate information on behalf of the mother/couple. If needed there can be more than one Point Person. For example, if the mother and father are not together and need separate support systems they may each want to have their own

1

NAME:

PHONE:

ADDRESS:

EMAIL:

RELATIONSHIP:

2

NAME:

PHONE:

ADDRESS:

EMAIL:

RELATIONSHIP:

## HEALTHCARE PROVIDER

NAME:

PHONE:

ADDRESS:

EMAIL:

## DOULA:

NAME:

PHONE:

ADDRESS:

EMAIL:

## CHIROPRACTOR:

NAME:

PHONE:

ADDRESS:

EMAIL:

## THERAPIST:

NAME:

PHONE:

ADDRESS:

EMAIL:

**PASTOR/PRIEST/SPIRITUAL ADVISOR:**

NAME:

PHONE:

ADDRESS:

EMAIL:

**BIRTHFIT REGIONAL DIRECTOR:**

NAME:

PHONE:

ADDRESS:

EMAIL:

# THREE TRUSTED PEOPLE IN PROXIMITY TO MOTHER/COUPLE

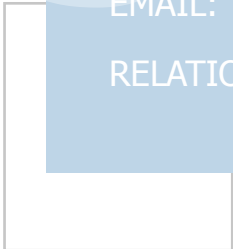
(these people can be called upon to arrive at the hospital, pick up other children, deliver meals, care for pets, go to the grocery store, and other things that only a physically accessible person can do):

1	NAME:	<input type="text"/>
	PHONE:	<input type="text"/>
	ADDRESS:	<input type="text"/>
	EMAIL:	<input type="text"/>
	RELATIONSHIP:	<input type="text"/>
2	NAME:	<input type="text"/>
	PHONE:	<input type="text"/>
	ADDRESS:	<input type="text"/>
	EMAIL:	<input type="text"/>
	RELATIONSHIP:	<input type="text"/>
3	NAME:	<input type="text"/>
	PHONE:	<input type="text"/>
	ADDRESS:	<input type="text"/>
	EMAIL:	<input type="text"/>
	RELATIONSHIP:	<input type="text"/>

# THREE PHONE-CALL-AWAY TRUSTED FAMILY/FRIENDS

(these are individuals who you can rely on for support/help but may not be physically present):

1	NAME:	<input type="text"/>
	PHONE:	<input type="text"/>
	ADDRESS:	<input type="text"/>
	EMAIL:	<input type="text"/>
	RELATIONSHIP:	<input type="text"/>
2	NAME:	<input type="text"/>
	PHONE:	<input type="text"/>
	ADDRESS:	<input type="text"/>
	EMAIL:	<input type="text"/>
	RELATIONSHIP:	<input type="text"/>
3	NAME:	<input type="text"/>
	PHONE:	<input type="text"/>
	ADDRESS:	<input type="text"/>
	EMAIL:	<input type="text"/>
	RELATIONSHIP:	<input type="text"/>





Do the best you can at the time with the information you have.

This ILP is not exhaustive, it is meant to be used in an emergency when you need the most beneficial information as quickly as possible. Use the book *Navigating the Unknown: An Immediate Guide When Experiencing the Loss of your Baby* by Amie Lands for an in depth guide through infant loss.

What will be relevant here depends on your unique circumstances, but I suggest your first phone call is to establish a Point Person. This will give you a buffer, a go-between, so you only have to relay information to one person and he/she will handle it from there communicating with family, friends, and arranging help and support. Task them with setting up a Give InKind account for you ([www.giveinkind.com](http://www.giveinkind.com)) Give InKind is a crowd-help site where you can share information, arrange meal deliveries, request specific kinds of needs like pet care, housekeeping, child care, donations, and more. Once you have established a point person let them take the lead and you can focus solely on the situation at hand.

Next, begin asking questions and making a plan. Regardless if you have time before your baby is born to ask these questions, or you find yourself enduring an emergency, all the questions below have merit. NO QUESTION IS A BAD QUESTION. You have the right to ask your health care professional any questions you want and feel free to repeat yourself or have the doctor/nurse/social worker repeat themselves. You have the right to be informed.

## A LIST OF HELPFUL QUESTIONS

For Baby:

- Will your baby need any medical care or attention? (Depending on the diagnosis you may be facing a live birth of a baby that won't live long or you might be facing a stillbirth - have a plan for both).
- If your baby lives longer than expected and is able to leave the hospital with you, ask ahead of time what to expect in caring for your baby and what infant hospice care options exist for you.
- If your baby is not expected to live longer than your hospital stay after delivery, ask about making special arrangements to take your baby to the funeral home.
- What kind of medical care and attention will you allow for your baby?
- How much time can you have with your baby and how do you want to spend it?
- The most common regret I hear from parents is that they felt hurried or pressured to be "done" spending time with baby. You have rights. Even if hospitals have policies, don't be afraid to make your wants known. There is usually a work-around.
- Skin to skin contact, bathing your baby, falling asleep with your baby, dressing it in clothes or blankets, CuddleCots (if available in your hospital), and letting siblings and/or grandparents hold baby are all options to discuss.
- Who is allowed in the room?
- Who is not allowed in the room?
- Who do you want in the room?
- Who do you NOT want in the room?
- What to expect your baby to possibly look like?
- Can you bring clothes, blankets, or items for your baby?
- Can you arrange video and photography?
- Professional photography services are available through an organization called Now I Lay Me Down To Sleep. These photographers often volunteer their time to provide keepsake photos free of charge. <https://www.nowilaymedowntosleep.org/>
- Cell phones take video and pictures. Use them. Any pictures and video are better than none.
- Can you arrange handprints and footprints to be collected? A lock of hair? Plaster casting of baby's feet or hands? What other keepsake collecting options does the hospital offer or allow you to do yourself?
- You can request any blankets, hats, or items that touched your baby to go home with you.

## **For Mom:**

- What kind of medical care will you need?
- What kinds of medications are you ok with? Remember, medication can interfere with your memory, thoughts, and emotions. Ask your doctor for pain management that allows you to be comfortable but fully aware.
- You will have breast milk come in immediately after the birth. You can choose to pump and donate your milk, or go through the process of drying. There is no right or wrong choice here. Do what you feel you need to do.
- Drying your milk supply can be done more quickly by drinking sage tea, taking a decongestant, and/or applying frozen or chilled cabbage leaves in your bra until they soften and warm, and then change out. Expedited weaning takes about a week to complete. Some studies indicate that there may be a link between compounded postpartum depression and early weaning.
- Pumping milk will require a breast pump. Ask what hospital options are available to you. Insurance may or may not cover the use of a hospital grade pump. Non-hospital grade pumps are available for rent or purchase. Different states have different rules about breast milk donation. Ask your nurse or midwife. There is a black market for breastmilk.

**Leaving Baby/Saying Farewell** One of the hardest experiences will be the actual time our baby will be carried away by a provider affiliated with the farewell: this could be a nurse bringing the baby to the hospital morgue, or a funeral home staff member placing baby in a box, or the couple leaving the birthing room with the baby's body still there. Being aware of this is the only way to even begin to prepare for it. Ask how this may happen and talk about your wishes.

- Do you want the baby to be wrapped in a special blanket or dressed in certain clothes?
- Do you have special instruction for the treatment of your baby after it is removed from your sight?
- Do you want to arrange to have your baby's organs donated?
- When is the next time you will see your baby's body?

**Memorial Services** Planning how you want to honor your baby's life and say goodbye can be overwhelming. Having support helps. Involve someone you trust in this process. They can help you wade through all the decision and paperwork depending on what you decide.

- Do you want a public ceremony with friends and family?
- Do you want a private ceremony?
- Do you want a religious ceremony?
- Do you not want a ceremony at all?
- Will your baby be buried or cremated?
- If buried, where? Think about what you want your baby to be buried in.
- If cremated, will you keep the ashes or will they be spread somewhere or divided?

## **Other Considerations:**

- How will you tell your living children about what is happening/has happened? Resources for help in this area can be found below.
- Do you need to make arrangements with your job for time off or modified working conditions post-loss?
- What arrangement need to be made regarding partner's job/time off post-loss?
- Will you get counseling?
- Keep an eye out for PPD (postpartum depression). How do you know the difference between grief and PPD? If you or your partner are concerned for your well-being, call your doctor immediately.

# STEP 3: POSTPARTUM CARE

## Physical Needs

It is important for you to take care of your body. Some mothers, through their grief, seek to lash out their pain or anger toward their bodies. It can feel like your body betrayed you in the worst way. Give yourself grace. Make peace with your body. Rest, stay hydrated, breathe, eat, and honor your postpartum body needs.

Understand about postpartum hemorrhage, lochia, and blood loss. Address your lactation. Many mothers experience postpartum hair loss and acne as pregnancy hormones shift after the birth. You may experience the same. If you are recovering from a c-section, wait for a doctor to clear you before returning to exercise. Manage your pain effectively. Refrain from alcohol.

BIRTHFIT has a Postpartum Recovery Timeline that your RD will introduce you to and is attached. This is a helpful guideline to physical recovery and I'd like to discuss some post-loss postpartum recovery considerations to go along with it to help establish proper expectations of your grieving postpartum body.

Postpartum recovery after loss will differ from non-loss recovery. It is important to factor these differences in and pay extra attention to what your body is telling you.

- Grief causes your body to heal more slowly. Pay extra attention to your body.
- Grief zaps your energy, emotionally and physically. Do less and go slower if needed.
- Adrenal exhaustion and/or PPD can result from the toll of trauma, birth, surgery, and grief. Depression and anxiety can be emotional symptoms of a physical problem. Exhausted adrenals or extreme hormone imbalance cannot be fixed with exercise or positive thinking. If you are just not recovering, don't hesitate to talk to your doctor about blood tests, supplements, and a modified physical recovery plan to recoup your health and well-being.
- The concept of surrendering to your loss can be very difficult and a point of resistance. It is not uncommon to experience a crisis of faith, a crisis of identity, a crisis of purpose, and a crisis of self-love after loss. What used to ground you can now make you feel lost. What used to make sense now might not. It's ok. You can only feel how you feel. One step at a time.
- Your relationship with your body can change, and not always for the better. Feelings of anger, resentment, betrayal, shock, and even hatred toward your own body can be overwhelming. Be gentle with yourself. Give yourself grace. Forgive your body.
- Physical recovery can mirror grief - nonlinear, rocky, unrehearsed, and slow. That doesn't mean recovery is a free-for-all. The structure of BIRTHFIT will be beneficial. Use your intuition to advocate for your needs as you journey toward recovery guided by your BIRTHFIT RD and your heart.

## Nutritional Needs

Regardless of the kind of pregnancy loss or the birth method you've used, it is important to replenish lost vitamins from blood loss and the birth. Here are a few helpful tips:

- Continue taking your prenatal vitamin.
- Ask your provider about floradix, hemoplex or chlorophyll, as these are said to have nourishing properties that can aid in replenishing lost iron and providing additional oxygenation to your blood.
- Stay hydrated.
- Himalayan salt can aid in lost iron and minerals
- Vitamin C can help your body better absorb iron.
- Getting sunshine (even a one time trip to a tanning spa if it's winter) can help regenerate Vitamin D. You will need to eat for healthy grieving. Select foods that can bring nourishment to your grieving heart - comforting, easy, whole foods like:
  - Steamed or roasted vegetables
  - Cultured foods

- Soups
- Bone broths
- Toast with nut butter
- Hard boiled eggs
- Fresh fruit
- Green Drinks
- Herbal teas
- Pure, clean water

## **Emotional Needs**

Grief is hard. It may surprise you. And it may change you. Amie Lands explains it well in her book Navigating the Unknown:

“Your emotional responses may be unlike anything that you have ever experienced before. Ask for help. Look in any place that feels comfortable; a friend, family member, a doctor, therapist or counselor. This is not the time to be brave or strong yet, this is the time to survive. Grief does not go away on it’s own and in order to move through it, you have to feel these dark feelings. You may have thoughts of suicide or wishing you would die, this is really scary. Reach out. Tell someone. There is nothing wrong with you. The depths of these feelings will not last forever. Allow others to tend to you, to take care of you, to love you through this heartbreak and make sure to take gentle care of yourself, as well.”

I promise it won’t always be this hard. Grief lessens and healing comes. You’ll never stop loving and missing your baby, but joy and peace will return and life will be beautiful again. Make small steps each day to tend to your heart and be open to the process of healing. It takes time, but it is possible to feel better.

A note on prescription medication from Rachel:

Deciding to use or not use prescription medication is your decision and yours alone. There is no judgement and you are allowed to choose what is best for you. I am not anti-medication nor am I pro-medication. This is a decision for you and your doctor. I am, however, a huge advocate of holistic emotional support and believe that a holistic approach to healing is essential.

Physical, emotional, spiritual, and nutritional approaches should be integrated into healing. Any approach that uses just one method should be used with caution. No one can exercise or sleep their grief away anymore than they can medicate it away. There is no easy way through. Medication may help, but it won’t cure your grief. It takes time and lots of intentional and correct action steps to heal.

## **Grief Outlets:**

- Write in a journal.
- Drink herbal tea for emotional support ([www.teamotionstea.com](http://www.teamotionstea.com))
- Spend time in nature. Get outside. Get sun on your face.
- Be as active as possible, if even just a walk each day. Exercise heals.
- Use art or music as an outlet.
- Find time to be alone to get in touch with your feelings every day and also make time to join the world or be in relationship/connection with others.
- Talk about your baby. Say his/her name.
- Find a support group, either on-line or in person.
- Connect with other bereaved parents.
- Attend a retreat.

- Get professional counseling.
- Explore NLP (Neuro-linguistic Programming) therapy, reiki, sound baths, meditation, acupuncture and/or craniosacral therapy.
- Find ways to continue to connect with your baby, such as looking at pictures, holding baby's hospital blankets, touching the casts of baby's feet/hands.

## Relationship Needs

Some of the best advice I ever received after Aubrey and Ellie died was to give my spouse the freedom to grieve his own way. Everyone grieves differently, especially men and women, husbands and wives even more so. This is not a time to judge your spouse's grief response. Remember, the only other person in the world walking through the same loss as you is your spouse. They are just as crushed and wounded as you. However, they may display it differently and may be on a different timeline. Just like you are allowed to express your grief authentically, so are they. There is no such thing as grieving correctly. If you need something from your spouse you can communicate your needs with sensitivity and work hard to keep talking to each other. You both deserve grace, but neither of you deserve judgement.

## My Best Grief Advice (from experience):

**1) FORGIVE THE CLICHES:** You will be bombarded with cliches, quotes, inspirations, and sayings that will deeply wound your aching heart. Forgive those who say hurtful things. They don't know what they are really saying. Your pain triggers their pain. Feelings of helplessness often cause them to say something - anything - that might help. In doing so, they often say the wrong thing. Let their well-intentioned yet poorly executed words roll off. You don't have the energy to hold their carelessness against them. You need your energy for your healing. Forgive.

**2) ASK FOR HELP:** You'll need to advocate for yourself like never before. Don't try to shoulder it all by yourself. Don't wait for others to offer their help. Ask first, early, and repeatedly. You'll be surprised how many people are willing to help you in small and big ways. Let them. Someday you'll get to pay it forward, but right now, it is your turn to accept the love and care available to you.

**3) CAREFULLY CHOOSE MUSIC AND MOVIES:** Music and movies can stir up emotions and trigger your grief relentlessly. Protect yourself by avoiding the songs and shows/movies that heap emotional stress on you. Mindless entertainment is your friend. Turning the radio off in your car isn't a bad idea. Avoiding worship service in church might be necessary for a while. And don't watch the news. You'll just torture yourself. You have enough reality to deal with. Be wise. A heart can only take so much.

**4) BEWARE OF ALCOHOL:** Alcohol works very effectively to numb the pain of grief. It will provide real relief. It will also intensify your emotions when it wears off, contribute to depression and anxiety, and leave you physically and emotionally depleted. Drinking to cope begins a vicious emotional cycle that doesn't lead to healing. Healing requires sobriety. It just does.

**5) BE PATIENT:** Healing takes time. Although time alone won't heal your heart, time is absolutely a factor. It takes longer than you want it to and never goes as planned. When it starts to feel too long, reach out to others ahead of you on the journey. They can encourage you and remind you that you are making progress. Everyone feels overwhelmed or discouraged wading through grief. Support can offer perspective and help adjust unrealistic self-imposed or societal expectations. Give yourself grace. Give yourself space. Hold on to hope. Pour a cup of tea. Get a hug. Breathe. You'll get there. I promise.

# RESOURCES:

## Pediatric Palliative Care Facility

- George Mark Children's House <http://www.georgemark.org/>
- Ryan House <https://www.ryanhouse.org/>

## Support Sites

- Caringbridge <https://www.caringbridge.org/> • CarePages <https://www.carepages.com/>
- MyLifeLine <https://www.mylifeline.org/>
- YouCaring <https://www.youcaring.com/>
- GiveForward <http://www.giveforward.com/>
- GoFundMe <https://www.gofundme.com/>
- Give InKind <http://www.giveinkind.com/>
- Now I Lay Me Down To Sleep <https://www.nowilaymedowntosleep.org/>

## Delivering Hard News

- Talking to Children About Death: <http://www.hospicenet.org/html/talking.html>
- Death: How to Explain it to Children: <http://nspt4kids.com/therapy/death-how-to-explain-it-to-children/>
- Explaining to Young Children that Someone Has Died: [https://childbereavementuk.org/wp-content/uploads/2018/08/Explaining-to-young-children-that-someone-has-died\\_0718.pdf](https://childbereavementuk.org/wp-content/uploads/2018/08/Explaining-to-young-children-that-someone-has-died_0718.pdf)

## After Death Arrangements

- Pediatric Palliative Care: <https://getpalliativecare.org/whatis/pediatric/>
- Association of Organ Procurement: [www.aopo.org](http://www.aopo.org)
- Map of Donor Resources by state <http://www.aopo.org/find-your-opo/>
- Purposeful Gift: <http://purposefulgift.com/en/>
- Information for parents of infants who are interested in organ donations
- Institute for the Advancement of Medicine (IIAM) Neonatal Donation Program: <http://www.iiam.org/>
- Cuddle Cot <http://flexmort.com/cuddle-cots/>

## Mortuary/Funeral Arrangements

- Is there a difference between funeral home and a mortuary? <http://www.sciencecare.com/blog-is-there-a-difference-between-funeral-home-and-a-mortuary/>
- What is the Difference between a Mortuary and a Funeral Home? <http://www.imortuary.com/blog/what-is-the-difference-between-a-mortuary-and-a-funeral-home/>

## Autopsy

- UF Health FAQ's: Autopsy <http://pathlabs.ufl.edu/services/autopsy/faq-autopsy>
- Regional Pathology and Autopsy Services <http://www.regional-pathology.com/faq/>

## Burial Gowns

- nicu Helping Hands <http://www.nicuhelpinghands.org/programs/angel-gownprogram/>

## Honoring Your Baby's Life

- Funerals vs Celebration of Life [http://www.johnsonsfuneralhome.com/Funerals\\_vs\\_Celebrations\\_of\\_Life\\_1263241.html](http://www.johnsonsfuneralhome.com/Funerals_vs_Celebrations_of_Life_1263241.html)
- Planning a Funeral or Memorial Service <http://www.sevenponds.com/after-death/planning-a-funeral-or-memorial-service>
- Home Funerals Grow as American's Skip the Mortician for After Death Care [http://www.huffingtonpost.com/2013/01/25/home-funerals-deathmortician\\_n\\_2534934.html](http://www.huffingtonpost.com/2013/01/25/home-funerals-deathmortician_n_2534934.html)
- National Home Funeral Alliance <http://homefuneralalliance.org/>
- Funeral Consumers Alliance <https://www.funerals.org/>

## Postnatal Care

- Mayo Clinic-
- <http://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/indepth/c-section-recovery/art-20047310>
- <http://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/in-depth/postpartum-care/art-20047233>
- BabyCenter- [http://www.babycenter.com/0\\_recovering-from-a-c-section\\_221.bc](http://www.babycenter.com/0_recovering-from-a-c-section_221.bc)
- Postpartum Nutrition From a Traditional Chinese Medicine Perspective
- Postpartum Nutrition Gameplan
- Postpartum: The Gift of Rebuilding
- Understanding the Different Breathing Options
- Pelvic Floor Disorders
- BIRTHFIT Conscious Core Program

## Online Resources & Emotional Support

- The Ruthie Lou Foundation <http://www.ruthieloufoundation.org/>
- Still Standing Magazine <http://stillstandingmag.com/>
- Unspoken Grief <http://unspokengrief.com/>
- Reconciving Loss <http://reconcivingloss.com/>
- Compassionate Friends <https://www.compassionatefriends.org/home.aspx> • The MISS Foundation <http://www.missfoundation.org/>
- HAND, Helping After Neonatal Death <http://www.handonline.org/index.html> • Faces of Loss, Faces of Hope <http://facesofloss.com/>
- Shared Grief Project <http://sharedgrief.org/>

## Retreats

- Faith's Lodge <http://faithslodge.org/>
- Respite Retreat <http://www.nancyguthrie.com/respice-retreat/>
- Landon's Legacy Retreat <http://www.landonslegacyretreat.com/>
- Selah: MISS Foundation Retreat <http://www.missfoundation.org/retreat>

## Taking Care of You

- How Exercise Can Help the Grieving Process:
- <http://fitness.mercola.com/sites/fitness/archive/2014/06/27/exercise-grief.aspx>
- Sweating Out the Sadness: <http://dailyburn.com/life/lifestyle/exercise-coping-with-grief->

## [sadness/](#)

- A Meditation on Grief: <https://jackkornfield.com/meditation-grief/>
- How Meditation Helps You Cope with Grief: <http://www.brainwave-researchinstitute.com/how-meditation-helps-you-cope-with-grief.html>
- Meditation: Helpful to Those Who Grieve:  
• <http://www.griefhealingblog.com/2013/12/meditation-helpful-to-those-who-grieve.html>
- You Aren't Here Now: How Grief and Mindfulness Don't Mix:  
• [http://www.huffingtonpost.com/megan-devine/grief-and-mindfulness\\_b\\_4757042.html](http://www.huffingtonpost.com/megan-devine/grief-and-mindfulness_b_4757042.html)
- Grief and Nutrition: Tips From A Wellness Guru <http://www.whatsyourgrief.com/grief-and-nutrition/>
- Eight Healthy Coping Tips To Manage Grief  
• <http://www.mysahana.org/2012/04/eight-healthy-coping-tips-to-manage-grief/>
- Teamotions: <https://www.teamotionstea.com/>
- The Surprising Benefit of Going Through Hard Times:  
• [http://www.huffingtonpost.com/entry/post-traumatic-growthcreativity\\_us\\_568426c0e4b014efe0d9d8e8](http://www.huffingtonpost.com/entry/post-traumatic-growthcreativity_us_568426c0e4b014efe0d9d8e8)
- The Truth About Post Traumatic Growth After Loss:  
• <http://www.whatsyourgrief.com/posttraumatic-growth-after-loss/>
- Creatively Expressing Grief: [http://journeyofhearts.org/kirstimd/create\\_grief.htm](http://journeyofhearts.org/kirstimd/create_grief.htm) • Healing  
**Artwork:** <http://www.recover-from-grief.com/creativity-grief.html>

## **Memorial Items**

- Molly Bears <http://mollybears.com/>
- National Star Registry <http://www.starregistry.com/>
- Seashore of Remembrance <http://theseashoreofremembrance.blogspot.com.au/>
- Refuge in Grief Writing Course <http://www.refugeingrief.com/support/30-day/>
- Illuminate Photography Course <http://www.berylaynyoung.com/illuminate/>

## **Growing Your Family**

- RESOLVE-Family Building Options: <http://www.resolve.org/family-building-options/>
- Pregnancy After Loss: <https://pregnancyafterlosssupport.com/>
- PostPartum Progress: <http://www.postpartumprogress.com/having-a-baby-after-infant-loss-the-complicated-mix-of-grief-joy>

## **Book Resource List**

A Broken Heart Still Beats: After Your Child Dies, Anne McCracken  
The Grief Recovery Handbook, John W. James & Russell Friedman

## **Stories of a Mother's Love**

I Will Carry You, Angie Smith  
A Piece of My Heart, Molly Fumia  
An Exact Replica of a Figment of My Imagination, Elizabeth McCracken  
Expecting Adam, Martha Beck  
You Are the Mother of All Mothers, Angela Miller

## **Supporting Dads**

Grieving Dads: To the Brink and Back, Kelly Farley (Author), David DiCola (Contributor)  
The Griefcase: A Man's Guide To Healing and Moving Forward In Grief, R. Glenn Kelly  
A Guide for Fathers: When a Baby Dies

## **Books of Blessings**

Life Prayers from Around the World, Elizabeth Roberts & Elias Amidon  
To Bless the Space Between Us, John



O'Donohue Healing After Loss: Daily Meditations For Working Through Grief, Martha Whitmore Hickman

### **Beliefs About the Afterlife**

The Next Place, Warren Hanson Heaven is for Real, Todd Burpo and Lynn Vincent

Grieving Parents, Surviving Loss as a Couple, Nathalie Himmelrich Three Minus One: Stories of Parents' Love and Loss, Sean Hanish and Brooke Warner

### **Pregnancy After Loss Pregnancy**

After a Loss, Carol Cirulli Lanham Celebrating Pregnancy Again, Franchesca Cox

### **Books of Remembrance**

Family Lasts Forever: A Very Special Baby Book, Noelle K. Andrew & Sheila B. Frascht Love Lasts Forever: A Journal of Memories, Noelle K. Andrew & Sheila B. Frascht