

## Resources for Grieving Families

There are many sources of support available to you. These are just some of the **books** that have been recommended to us by bereaved families.

### PARENTS AND FAMILIES

- A SILENT SORROW Ingrid Kohn, MSW and Patty-Lynn Moffitt. An easy to read book about every aspect of pregnancy loss. Offers information for family, friends and children.
- EMPTY CRADLE, BROKEN HEART Deborah Davis. A sensitive publication dealing with the grief and healing process for families after miscarriage, stillbirth and infant death.
- THE ANGUISH OF LOSS Julie Fritch with Sherokee Isle. A collection of photographed sculptures and prose as seen through the eyes of the authors.
- EMPTY ARMS Sherokee Isle. This book helps the parents understand the grief of the loss of their infant. She also includes other related topics: adoption, termination and AIDS.
- 'AFTER THE LOSS OF YOUR BABY - FOR TEEN MOTHERS' Connie Nykiel. This is a nonjudgmental book filled with wisdom and good solid advice as well as medical terms that may be new to a teen.
- 'MISCARRIAGE; WOMEN SHARING FROM THE HEART' Shelly Marks, Marie Allen. Interviews of women who have experienced miscarriage.
- 'A PIECE OF MY HEART; LIVING THROUGH THE GRIEF OF STILLBIRTH, MISCARRIAGE AND INFANT DEATH' by Molly Fumia.
- Stars in the Deepest Night After the Death of a Child by Genesse Bourdeau Gentry. This is not specifically geared to infant death but it contains beautiful poems written about the grief associated with the loss of a child from a parent's perspective no matter what the age or circumstance.
- Treasured In Our Hearts is a beautiful baby memory book by Rebecca A. Niestrath, Speranza Publishing and available at Amazon.com-Borders Bookstore. This is a memory book and journal created for a baby lost in miscarriage, stillborn, or infant death. It's created in a way for parents to write about special moments shared with their child and the time they bonded together throughout pregnancy and possibly once born.

- "DEAR CHEYENNE" by Joanne Cacciatore is on grief that is totally absorbed into a parent's understanding because it is written from a bereaved parent's perspective. It was about the loss of her infant daughter. Available through [missfoundation.org](http://missfoundation.org).
- "PASSAGES" is a memorial book featuring angels on each page and honoring the children who have died before their time. Available through [missfoundation.org](http://missfoundation.org).
- "I'LL HOLD YOU IN HEAVEN" by Jack Hayford. Healing and hope for the parent who has lost a child through miscarriage, stillbirth, abortion or early infant death. Available through [aplacetoremember.com](http://aplacetoremember.com)
- "ANGELIC PRESENCE" is by Cathi Lammert and Sue Friedeck who compiled a collection of heart-warming stories from mothers, fathers, and grandparents of children who have died. Available through [aplacetoremember.com](http://aplacetoremember.com)
- "COMFORT US LORD, OUR BABY DIED" by Norman Hagley is a book of prayers for families who have lost an infant to stillbirth or early infant death. Available through [www.centering.org](http://www.centering.org). (Centering Corporation) and [aplacetoremember.com](http://aplacetoremember.com).
- "MOMMY PLEASE DON'T CRY: THERE ARE NO TEARS IN HEAVEN". by Linda DeYmaz is written for mothers experiencing the deep sorrow of losing a child. Available through [aplacetoremember.com](http://aplacetoremember.com).
- "STARS IN THE DEEPEST NIGHT AFTER THE DEATH OF A CHILD" by Genesse Bourdeau Gentry. This is not specifically geared to infant death but it contains beautiful poems written about the grief associated with the loss of a child from a parent's perspective no matter what the age or circumstance.
- HELP YOUR MARRIAGE SURVIVE THE DEATH OF A CHILD by Paul C. Rosenblatt, Temple University Press, Philadelphia.
- WHEN DINOSAURS DIE: A GUIDE TO UNDERSTANDING DEATH by Laurie Krasny Brown and Marc Brown, 1996 Little Brown and Company distributed by Compassion books.
- STRONG AND TENDER: A GUIDE FOR THE FATHER WHOSE BABY HAS DIED. by Pat Schwiebert, RN, 2003 Perinatal Loss, Portland, OR

- A GRANDPARENT'S SORROW by Pat Schwiebert, RN 2003 Perinatal Loss, Portland, OR

## CHILDREN

- THUMPHY'S STORY Nancy Dodge and Sr. Jane Marie Lamb. A story of a rabbit, Thumphy, whose little sister, Run, unexpectedly dies (3-7).
- OUR BABY DIED, WHY? Susan and Jake Erling. A booklet written and illustrated by children that share a brother's feelings, questions and fears about his newborn siblings' death.
- NO NEW BABY Marilyn Gryte. A grandmother tells children that they are not to blame for their expected siblings' death, and that it's okay to ask questions, even if adults don't have all the answers.
- HOW DO WE TELL THE CHILDREN? Dan Schaefer and C. Lyons. A book for parents that offers guidance and information to help families communicate about death.

## SUBSEQUENT PREGNANCY

- STILL TO BE BORN Pat Schweibert and Dr. Paul Kirk. An easy to read book for bereaved parents making decisions about their future pregnancy with the help of personal stories.
- PREGNANCY AFTER A LOSS Abbott Northwestern Hospital. A booklet written by a group of families who have experienced a pregnancy after loss. It offers suggestions on coping with the anxieties and fears of each new pregnancy while acknowledging these are normal feelings.
- TRYING AGAIN: A GUIDE TO PEGNANCY AFTER MI SSCARRI AGE, STILLBIRTH, AND INFANT LOSS Ann Douglas written for parents considering a pregnancy after a loss.
- THE ADOPTION RESOURCE BOOK Louis Gilman

## WHERE TO FIND RESOURCES

### On-line

These organizations offer a variety of supportive items: newsletters, articles, information. This is a partial list of resources that we hope you will find helpful during this difficult time.

#### **Centering Corporation and Grief Digest**

PO Box 4600  
Omaha, NE 68104  
(402) 553-1200  
(e-mail: [Centering Corp@aol.com](mailto:CenteringCorp@aol.com))  
([www.centering.org](http://www.centering.org))

972-506-9000

#### **The Ectopic Pregnancy Trust**

This is a medically oriented site with extensive information about ectopic pregnancy.

[www.ectopic.org](http://www.ectopic.org)

#### **C.L.I.M.B.**

#### **Center for Loss in Multiple Birth**

PO Box 91377  
Anchorage, Ak 99509  
907-222-5321  
[climb@poboxalaska.net](mailto:climb@poboxalaska.net)

#### **A Heartbreaking Choice**

[www.aheartbreakingchoice.com](http://www.aheartbreakingchoice.com)

This site offers information for parents who have interrupted their pregnancy due to a poor prenatal diagnosis.

#### **The Compassionate Friends, Inc.**

National Headquarters  
PO Box 3696  
Oak Brook, IL 60522-3696  
(708) 990-0010  
([www.compassionatefriends.org](http://www.compassionatefriends.org))

#### **M.I.S.S. Foundation**

PO Box 5333  
Peoria, Arizona  
85385-5333  
E-Mail [info@missfoundation.org](mailto:info@missfoundation.org)  
Extensive site ;leader in work on legislation to recognize babies born still.

**M.E.N.D.** (Mommies Enduring Neonatal Death) Christian resource for miscarriage or early infant death. offering a way to share experiences and information. ([www.mend.org](http://www.mend.org))  
PO Box 1007  
Coppell, TX. 75019

#### **A Place to Remember**

([www.aplacetoremember.com](http://www.aplacetoremember.com))  
e-mail  
[aptr@aplacetoremember.com](mailto:aptr@aplacetoremember.com)  
1885 University Ave.  
Suite 110  
Saint Paul,MD, 55104  
1-800-631-0973

## **RTS Bereavement Services**

Lacrosse Lutheran Hospital  
1910 South Avenue  
Lacrosse, WI 54601  
(608) 791-4747  
([www/gundluth.org/bereave](http://www.gundluth.org/bereave))

## **SHARE**

Pregnancy and Infant Support, Inc.  
St. Joseph's Health Center  
300 First Capital Drive  
St. Charles, MO 63301  
([www.nationalshareoffice.com](http://www.nationalshareoffice.com))  
(314) 947-6164

**Hygeia** An Online Journal for  
Pregnancy and Neonatal Loss  
([www.hygeia.com](http://www.hygeia.com))

## **EriChad Grief Support**

'Loving support for bereaved parents'.  
Information, links to other sites, good  
information.  
([www.erichad.com/abc](http://www.erichad.com/abc))

## **CompassionNet**

Lending library and referral sources in  
the greater Utica area.  
12 Rhoads Drive  
Utica, New York, 13502  
Phone: 315-731-9639 or 1-877-515-  
8490  
Fax: 315-792-9734  
Email: ([Jody.Joslin@lifetimehealth.org](mailto:Jody.Joslin@lifetimehealth.org))

<http://www.txmomsoftinyangels.org/index2.htm>

Resources listed on line

**General Info/Jenny Coffey**  
[jennycoffey@txmomsoftinyangels.org](mailto:jennycoffey@txmomsoftinyangels.org)

## **Cherokee Child Casket Company**

[www.cherokeechildcaskets.com](http://www.cherokeechildcaskets.com)  
[michaelmims@bellsouth.net](mailto:michaelmims@bellsouth.net)

1-800-535-8667

Provide vast assortment of caskets  
for children to funeral homes.

[www.trisomy18support.org](http://www.trisomy18support.org)

Information on Trisomy 18, other  
families' stories, expectant parents'  
guide, store

[www.rowantreefoundation.org](http://www.rowantreefoundation.org)

Parent Support, resources,

## **P.L.I.D.A.**

[www.PLI DA.org](http://www.PLI DA.org)

Pregnancy Loss and Infant Death  
Alliance; National membership  
organization, Biannual Conference for  
parents and professionals; excellent  
Resource Listing