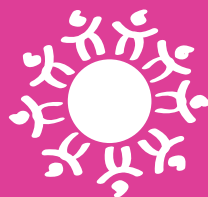


GRIEF RESOURCE GUIDE FOR PREGNANCY AND INFANT LOSS

Taking the First Steps



RIVER REGION

Healthy Births

for healthier families

A wife who loses a husband is called a widow. A husband who loses a wife is called a widower. A child who loses his parents is called an orphan. But there is no word to describe a parent who loses a child that is how awful the loss is! - *Neugeboren 1976*

When a family has a baby that dies, hopes and dreams are shattered, and lives are forever changed. Initial feelings of shock and confusion are combined with questions. What happened? Why me? What did I do to deserve this? Often, the lack of answers to these questions adds to the overwhelming feelings of grief and helplessness.

These intense emotions are real and a normal part of the grieving process. Grief is a long process of trying to cope with your loss and make meaning out of life without your baby. Grieving is not easy. It is long, unpredictable and requires a lot of time and patience on many aspects. But, it is necessary if you are to work through the pain toward healing.

Dealing with the sudden, unexpected death of a baby from any cause is devastating, but in the case of a death for which you may not have answers about why your baby died can be overwhelming. We hope the information given will help you find some of the answers-and be assured that the work here is not complete. It is our mission to research, advocate, and educate to ensure that every baby is provided the best possible chance to survive and thrive...in the belief that every baby should live.

WHO:

The State Perinatal Program (SPP) was established in 1980 by the Alabama Perinatal Health Act and is administered by the Alabama Department of Public Health (ADPH). The Program is based on a system of regionalized perinatal care and is broken down into five regions based on regional referral hospitals. The regional referral hospitals are: Huntsville Hospital Women and Children, Huntsville; DCH Regional Medical Center, Tuscaloosa; University of Alabama at Birmingham; University of South Alabama Children's and Women's, Mobile; and Baptist Medical Center South, Montgomery. The SPP develops strategies to reduce infant morbidity and decrease mortality in the state of Alabama and raise awareness regarding these issues. The Program aims to encourage cooperative relationships among healthcare providers and institutions to ensure medically effective and cost-efficient perinatal care. To learn more about the SPP visit: www.alabamapublichealth.gov/perinatal.

WHAT:

Under the SPP the FIMR Program was developed to look at a variety of factors that affect the health of the mother, fetus, and infant to learn more about how to reduce fetal and infant deaths. The focus of FIMR is to understand how a wide array of social, economic, health, educational, environmental, and safety issues relate to infant loss on a local level. The goal is to enhance the health and well-being of women, infants, and families through improved community resources and service delivery systems. The FIMR process begins when the program is notified that a fetal or infant death has occurred. The FIMR staff then reviews information from a variety of sources.

The FIMR staff attempts to contact the mother or family to conduct a voluntary interview so that the mother's voice can be heard. The interview provides the opportunity for mom to share her experiences before, during and after pregnancy. This information is then compiled into a case summary and completely de-identified to assure strict confidentiality. The summary is then presented to the Case Review Team (CRT) which is a group consisting of professional organizations, public and private agencies that provide services throughout the community. The CRT then identifies issues that need to be addressed and make recommendations on how to improve policies and services that affect families.

WHERE:

The next step in the process is to turn CRT recommendations into community actions. The River Region Community Action Team (CAT) is the committee that develops and implements plans of actions to address identified factors that are associated with fetal and infant deaths in the region. The overall goal of the actions is to enhance the health and well-being of Alabama citizens. Thus, the goal of the CAT is to improve resources and systems of care for women of childbearing age.

WHEN:

The death of a child is considered the most stressful and enduring loss a parent or family will ever experience. With this guide it is our hope that you will find some comfort in the resources we have provided. It is our mission to improve pregnancy outcomes and reduce fetal and infant death in Alabama. In the future, you may be contacted by a nurse from the ADPH-SPP who may ask you for an interview. We can affect change more effectively by hearing and better understanding the circumstances surrounding your pregnancy and the life of your infant by listening to you tell your story. As difficult as it sounds at this moment, many moms and families find it helpful and sometimes even rewarding to talk about the brief life of your infant. If you agree to be interviewed, the information that you provide can help local agencies to improve or develop better services to address the needs of women, infants and families. It is not our intent to point fingers, identify blame, or conduct any type of investigations. If selected, the Regional Perinatal Coordinator would contact you and ask to spend between one to two hours with you at your home or a mutually convenient location of your choosing. No one will know your name, your doctor's name or hospital; this information is completely removed from the interview. All the information that is shared with the nurse is strictly confidential. The ideas and suggestions you share will be communicated per the process discussed above and with no one else. Please know that sharing your story will help us examine existing services, understand what services families need, and how successful families are at getting those services. For more information about the SPP visit: www.alabamapublichealth.gov/perinatal.

HOW:

Social Media
Reading Materials
Support Groups
Counselors (No Charge and For Fee)

WEBSITES

1 Heart 2 Souls 1heart2souls.org	Families for HoPE familiesforhope.org
A Bed For My Heart abedformyheart.com	First Candle firstcandle.org
A Memory Grows Where Love Carries On amemorygrows.org/home	Footprints Ministry footprintsministry.info
Alabama Association of Nonprofits alabamanonprofits.org	Grieve Out Loud grieveoutloud.org
Alveolar Capillary Dysplasia Association (ACDA) acdassociation.org	Hannah's Prayer Ministries hannah.org
American Pregnancy Association americanpregnancy.org/pregnancy-loss	The Haven Network thehavennetwork.org
Angel Names Association angelnames.org	Heaven's Gain Ministries heavensgain.org
Angel Pics (free photo retouching) babyangelpics.com	Heavenly Angels in Need heavenlyangelsinneed.com
BabySteps Children's Fund babysteps.com/index.html	Held Your Whole Life heldyourwholelife.com
BirthWaves birthwaves.org	Helping After Neonatal Death (HAND) handonline.org
Caleb Ministries calebministries.org	I'll Hold You In Heaven Remembrance Book facebook.com/HoldYouInHeaven
Center for Infant & Child Loss infantandchildloss.org	Indiana Cuddle Cot Campaign indianacuddlecotcampaign.com
Center for Loss in Multiple Births (CLIMB), Inc. climb-support.org	Infants Remembered In Silence (IRIS), Inc. irisremembers.com
Centering Corporation and Grief Digest Magazine centering.org	Journey of Hearts journeyofhearts.org
The Compassionate Friends: Supporting Family After a Child Dies compassionatefriends.org	Journey of Hope Grief Support Center, Inc. johgriefsupport.org/services
Cradle of Wings cradleofwings.com	Life's Little Miracles, Corp. littlemiracles.us

<p>The Love & Loss Project lovelossproject.com</p>	<p>Paracletia, Inc. Azaleas Ministry paracletia.org/#azaleas</p>
<p>MCH Digital Library SUID/SIDS Gateway mchlibrary.org/collections/suid-sids</p>	<p>Perinatal Hospice & Palliative Care perinatalhospice.org</p>
<p>MISS Foundation: A Community of Compassion and Hope for Grieving Families missfoundation.org</p>	<p>Share Pregnancy & Infant Loss Support nationalshare.org</p>
<p>Memory Jar memoryjar.org</p>	<p>Siblings by Heart siblingsbyheart.com</p>
<p>Missing Grace Foundation missinggrace.org/pages/services</p>	<p>Star Legacy Foundation starlegacyfoundation.org</p>
<p>Molly Bears mollybears.com</p>	<p>Sweet Pea Project sweetpeaproject.org</p>
<p>Mommies Enduring Neonatal Death (MEND) mend.org/infant-loss-organizations</p>	<p>The Tears Foundation thetearsfoundation.org/supportgroups</p>
<p>Morning Light Ministry morninglightministry.org</p>	<p>Twinless Twins Support Group Intl. twinlesstwins.org</p>
<p>Mourning to Morning grief.com/grief-support-group-directory/mourning-to-morning</p>	

GRIEF SUPPORT

<p>The Amelia Center: A Place of Hope for Grieving Children, Parents, and Families 1513 4th Avenue South, Birmingham, AL 35233 205-638-7481 ameliacenter.org</p>	<p>Eryn's Embrace Montgomery, AL 334-657-1871 erynsembrace.org</p>
<p>Baptist Hospice Grief Group 300 Interstate Park Drive, Montgomery, AL 36116 334-395-5000 hospiceinfo@baptistfirst.org</p>	<p>Family Guidance Center of Alabama 2358 Fairlane Dr, Montgomery, AL 36116 334-270-4100 familyguidancecenter.org</p>
<p>The Compassionate Friends: Supporting Family after a Child Dies Eastmont Baptist Church 4505 Atlanta Hwy, Montgomery, AL Sue: 334-271-5755 Charlotte: 334-207-1007 compassionatefriends.org/chapter/montgomery-chapter</p>	<p>First Baptist Church Community Ministries 52 Adams Avenue, Montgomery, AL 36104 Tim Cearly: 334-241-5141 or 334-241-5146 montgomeryfbc.org</p>

<p>First United Methodist Church – GriefShare 100 East Fourth Street, Prattville, AL 36067 Michael Beatty: 334-365-5977 Wednesdays, 6:00 PM prattvillemethodist.org</p>	<p>Overcoming Grief Empowerment Wanda M. Bibb, Founder and Executive Director Contact Wanda Bibb at any time, day or night 334-207-0327 wandabibb.wixsite.com/mysite</p>
<p>Frazer United Methodist Church Support Group Ministry 6000 Atlanta Hwy, Montgomery, AL 36117 334-272-8622 frazerumc.org</p>	<p>Pilgrim Rest Missionary Baptist Church 1550 E Washington St, Montgomery, AL 36107 Alice Glover: 334-281-2754</p>
<p>Grace Baptist Church 304 Old Montgomery Hwy, Wetumpka, AL 36092 Alice Scarborough (Mourning to Morning – Christian group of mothers) 334-567-3255 hgbcwetumpka.org</p>	<p>Samaritan Counseling Center 2911 Zelda Rd, Montgomery AL 36106 334-262-7787 tsccenter.org</p>
<p>Hannah’s Prayer – Social Worker Solutions 334-354-2418</p>	<p>Turtles and Doves (Support and Photographs) Jennifer Hill: 334-482-4071</p>
<p>Hospice of Montgomery – Bereavement Group 1111 Holloway Park, Montgomery, AL 36117 334-279-6677 hospiceofmontgomery.org</p>	<p>Vaughn Forest Church 8660 Vaughn Rd, Montgomery, AL 36117 Howard & Carol Payne: 334-279-5433 vaughnforest.com</p>
<p>Mental Health Services 1200 Ryan St, Montgomery, AL 36107 334-279-7830 mamha.org</p>	

READING MATERIAL

<p>7 Things I’ve Learned Since the Loss of My Child by Angela Miller</p>	<p>Empty Arms by Sherokee Ilse</p>
<p>Angel Baby: A Journal of Healing After the Loss of an Unborn, Born Still, or Newborn Child by Carey Knifong</p>	<p>Empty Cradle, Broken Heart: Surviving the Death of Your Baby by Deborah L. Davis</p>
<p>Angel Chase and His Mommy’s Sign by Colleen Severance</p>	<p>Finlay’s Garden by Cary Jane Ballas and Hunter George Ballas</p>
<p>Blessings of Barrenness by Christi Kari</p>	<p>For the Love of Angela by Nancy Mayer-Whittington</p>
<p>Dear Cheyenne by Joanne Cacciatore, Ph.D., MSW</p>	<p>For This Child I Prayed: A Journey of Hope and Healing by Clair Chandler Rivera</p>
<p>Disappointment with God by Philip Yancey</p>	<p>Forever Altered yet Unbroken by Kasey M. Carter</p>
<p>Empty Arms by Pam Vredevelt</p>	<p>Forever King: Surviving the Loss of My Unborn Child by Diana Sims</p>

Forever Our Angels by Hannah Stone	I Will Carry You: The Sacred Dance of Grief and Joy by Angie Smith
Forgotten Tears: A Grandmother's Journey through Grief by Nina Bennett	Mommies Enduring Neonatal Death (M.E.N.D.) publishes a bi-monthly magazine that includes personal stories of remembrance and survival from parents, an opportunity for families to offer a birthday tribute to their baby, book reviews, and resources to families. mend.org/newsletters-subscriptions
From Crisis to Purpose: A Mother's Memoir by Tonya N. Dorsey	
Grieving Dads: To the Brink and Back by Kelly Farley	Still: A Collection of Honest Artwork and Writings from the Heart of a Grieving Mother by Stephanie Paige Cole
Grieving Forward by Susan Duke	The Bible
Healing a Parent's Grieving Heart by Alan D. Wolfelt, Ph.D.	The Butterfly Catcher by Courtney Cox Smith

MUSIC AND SONGS

Angel Baby Lullabies by Amy Robbins-Wilson <i>Angel Baby Lullabies was recorded to provide consolation to parents dealing with the loss of a child and is intended to open a healing space for them in which to grieve, mourn and seek peace. Available on Amazon, Google Play, and iTunes.</i>	Glory Baby by Watermark from the album All Things Now <i>The soaring feelings that celebrate a living faith of the former are balanced by the desperate need to be consoled in the latter, a ballad to a couple's miscarried child. Available on Amazon, Google Play, and iTunes.</i>
Angel Unaware by Shari Buie and Tamara Miller <i>In my mind I see you running, chasing bees and butterflies. Soft hair gently blowing, healthy cheeks, laughing eyes. In the quietness of the morning when the mist hangs in the air, I hold you close within my heart — My Angel Unaware</i> For more information, contact: HeartSong 96 P.O. Box 450204, Garland, TX 75045-0204	Help Me to Remember by Dennis Jernigan <i>Songs from the Father to help you find comfort in sorrow. Lord help me remember that nothing is going to happen to me today that You and I together can't handle. Available on Amazon, Google Play, and iTunes.</i>
Cradle of Wings by Pam Armstrong Order at cradleofwings.com	Pico's Song by Sandra Whang and Christie Chong <i>The vocal and piano melodies are soothing and comforting. These are gorgeous, descriptive images to imagine the pre-born babies in Heaven with Jesus. Available on iTunes and YouTube.</i>
Empty Arms by Teri Cup <i>This song was written by Teri Cup from her personal experience with infertility. It pertains to infant loss as well.</i> Teri Cup Ministries, 1413 NE Grand Ave. Lee's Summit, MO 64086 816-246-8374	Together We Can Heal by Steve Barta <i>Sponsored by the Pikes Peak Hospice, this sensitive recording specifically addresses the difficult issues surrounding the loss of a loved one. The lyrics of these songs communicate and empathize with the wide range of emotions experienced when grieving.</i> Available on Amazon.com and iTunes.

PEER TO PEER SUPPORT

<p>After A Loss 1-203-202-9714 ttmf.org/find-support/after-a-loss</p>	<p>Mommy Interrupted mommyinterrupted.org/peer-to-peer-support.html</p>
<p>Faces of Loss, Faces of Hope facesofloss.com</p>	<p>Remembering for Good: Wholehearted Living after Loss rememberingforgood.com</p>
<p>Heartstrings 1-336-335-9931 heartstringssupport.org/pregnancyandinfantloss</p>	

FILMS AND VIDEOS:

<p>After the Tears : A Gentle Guide to Help Children Understand Death by Richard Peterson</p>	<p>Tear Soup: A Recipe for Healing After Loss with Mary McDonald-Lewis and Enrique E. Andrade</p>
<p>Return to Zero by Sean Hanish</p>	<p>The House I Keep: A Story of Transformation During One Woman’s Struggle to Come to Terms with her Miscarriage by Jhene Erwin</p>

SUPPORT FOR FINAL ARRANGEMENTS

<p>Autauga Interfaith Care Center Tuesday through Thursday, 9:30 AM until 2:30 PM 163 West Third Street, Prattville, AL 36067 334-365-4080 www.aicccares.org</p>	<p>First Baptist Church Community Ministries Program: The Caring Center (Walk-in Only) Monday through Thursday, 9:00 AM until 3:00 PM 52 Adams Avenue, Montgomery, AL 36104</p>
<p>Born Into Heaven Foundation P.O. Box 3035, Opelika, AL 36803 bornintoheaven.org/apply-for-funding-1.html</p>	<p>The Luca John Foundation PO Box 55388, Trenton, NJ 08638 (866) 613-2716 info@lucajohnfoundation.com Assist with burial services Accept applications from all states</p>
<p>Catholic Social Services of Montgomery 4455 Narrow Lane Rd, Montgomery, AL 36116 334-288-8890 for an appointment cssalabama.org</p>	

SUPPORT FOR FINAL ARRANGEMENTS ON-LINE

<p>Angel Names Association angelnames.org/programs/request-assistance</p>	<p>Hayden’s Helping Hands haydenshelpinghands.com Dedicated to financially assist parents with medical expenses after the birth of a stillborn baby. Applications will be accepted for stillborn babies (20 weeks gestation and beyond) and up to \$1,000 will be paid per application. Applications are approved if all qualifications are met.</p>
<p>Born Into Heaven Foundation bornintoheaven.org</p>	
<p>Honoring Angels like Owen (HALO) honoringangelslikeowen.org (Burial plots in Montgomery)</p>	

Heavenly Angels in Need heavenlyangelsinneed.com	The Luca John Foundation lucajohnfoundation.org
Kelly Ryan Foundation KellyRyanFoundation.org	The TEARS Foundation thetearsfoundation.org/services

RIVER REGION COMMUNITY ACTION TEAM HEALTHY BIRTHS FOR HEALTHIER FAMILIES MEMBERS

Joanne Ashley	Zeta Phi Beta Sorority, Stork's Nest
Margaret Barber	Family Sunshine Center, Outreach and Prevention Specialist
Lashanda Craig	Montgomery Metro Treatment Center
Shirley Daniel	ADPH, Region V Perinatal Coordinator
Mona Taylor Davis	Gift of Life, Marketing and Community Outreach
Cassidy M. Dear	Born Into Heaven Foundation, Founder and President
Ashley Gorum	March of Dimes
Carmalita Green	ADPH, WIC
Rosalind Pijaux Hale	Zeta Phi Beta Sorority/Alpha Rho Zeta, Stork's Nest
Desire' Johnson-Hart	Parent Advocate
Katherine Dixon Hert	ADPH, Emergency Medical Services for Children Program Manager
Alice Irby	ADPH, Maternal Child Health Epidemiologist
Shajuane Jones	Montgomery Children Specialist Center, Regional Marketing Director
Darwina Johnson	Zeta Phi Beta Sorority, Stork's Nest
Kristin Johnson	ADPH, Epidemiologist, Alabama PRAMS Coordinator
Ashley Turner-Martin	Montgomery County Community Action Head Start, Family Advocate
Taishayla McKitt	ADPH, Epidemiologist
Lorie Mullins	COPE, Executive Director
Janice Smiley	ADPH, Perinatal Health Division Director
Amy Stratton	ADPH, State Perinatal Program Director
Linda Thomas	MCAC Health Services/ES Health Manager
Amy Trammell	Gift of Life, Nurse Home Visitor, NFP, Supervisor
Vonetta Zeigler	River Region Community Action Team Chairperson



You are Here

Author Unknown

Though you are gone
It is plain to see
You are still here
For all the world to see.

You are here
In each bird I see
Each wind that blows
Thru the top of a tree.

The buds that make
Flowers and leaves each spring
Reflect the beauty
Your memories bring.

Each raindrop that falls
To water the earth
Reminds those left behind
Just how much those memories are worth.

Each snowflake and blade of grass
Are reminders of your loving ways
The trickling of the creeks and streams
Makes us remember you throughout the days.

No matter how little hope we see
Your memory will always help us know
How much you meant to everyone
Who was there to see.

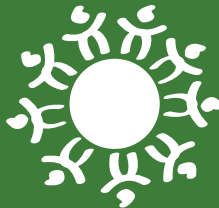
So rest in peace
For this we know
We will meet again one day
When it is our time to go.

Memorial Service to be held on October 15th of each year in the Montgomery area for Pregnancy and Infant Loss Remembrance Day. Location to be announced via social media.

*”I carried
you every
second of your
life, and I
will love you
every second
of mine.”*

-Unknown





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