

If you don't feel able to read this now, ask someone else to read it for you

baby loss

advice &
suggestions

This information was collected together by members of
Totnes Baby Loss Support Group (SANDS)

♥*In memory of all our sweet babies*♥

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**suggestions for parents
whose baby has died or whose life expectancy is short:**

These are some suggestions of things that have helped others.
Not everything here will be right for everyone.

Immediate Advice:

Memories of this time will be valuable later

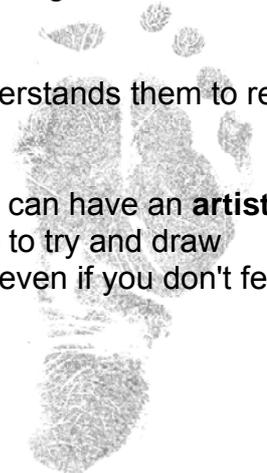
- This is *your* baby and you should feel able to do whatever you wish
i.e. you may want to
hold her/him,
cuddle her/him,
kiss her/him,
wash her/him,
dress her/him,
photograph her/him,
video her/him,
maybe take her/his body home before the funeral.
Don't be afraid to ask. Many people have done all these things.
- Try not to worry about what other people are feeling or thinking. This is YOUR time with YOUR baby.
- This time with your baby is precious, in which to make a lifetime of memories. You need to soak up as much as you can bear, as it will help you through the grieving process later. i.e. it will be better in the long run not to take sedatives, sleeping pills unless you feel you have to.
- **Take time** to make informed decisions and don't be afraid to ask questions. There is no hurry. People who love you may try to shelter you from painful decisions and situations. The early decisions are important ones and it may help you in your grieving process later by providing comforting memories of having done loving, caring acts for your baby.
- Keep any **momentos**- blankets, clothes that your baby wore, toys, hospital wristbands, scan pictures (these should be photocopied as they can fade) feet & hand prints, a lock of hair, etc...

- Offer your **family/friends** a chance to see and hold your baby. It can really help if other people remember him/her too.
- Take **photos** of you, your partner, siblings and other people holding or together with your baby. You cannot have too many photos.
- Try to accept that **your partner's grief** may be different from your own or may occur at different times.
- Ask someone to organise practical help for you for **when you get home**: cooking, cleaning, shopping, childcare, etc...
- **Fathers** - Remember this is your baby too. A part of you may want to be strong to support your partner, but contacting, feeling and expressing your own feelings is important too. Your partner will also want to experience your emotions and know that you feel too. Be aware that the need to be strong for others and keep things running can be a distraction from real and deeper needs.
- **Breast Milk**: Try to avoid pumping if you can. Things that can help alleviate swollen and hard breasts: frozen and crushed cabbage leaves, live yoghurt poultices (messy but effective), wearing a tight bra, allowing some milk to flow out in hot water. There are homeopathic remedies that can help. Don't hesitate to ask your midwife or doctor for advice.
- **Letting people know what has happened**
 - ask somebody else to ring round close friends,
 - place a remembrance announcement in the local paper with a verse or appropriate words, - even include a photograph if you wish
 - send special announcement cards with a verse or appropriate words, include a photograph if you wish
 - ask your midwife or birth class teacher to let others from your ante-natal class know what has happened.



Later: some practical suggestions

- **The funeral** - remember you can do anything you want. There are very few rules. Don't feel pressured into having things you don't feel happy with. Most undertakers (if you even choose to use them) do not charge for babies' funerals. It may help you to organise the funeral yourself. It may help to engage close friends and family in this process too, as they will want to help.
- Write a **letter of farewell** to your baby and place it in their coffin.
- Create a **special place** in your home dedicated to your baby, perhaps with a photo or toy or ornament or candle, where you and your family can focus on him/her. A special poem, song or prayer for your baby may nourish you and your relationship to your baby and can be a daily moment of contact. You could also create a special book/box.
- **Talk** - talk your story though as many times as you can with anyone who will listen. They will learn through listening and it will help you and them to try and understand. Or write it down. You could send copies to friends who are further afield. This can help to reach out to a further network of friends and help them to feel you are not cutting off from them. It makes them part of the brief life of your child and you and your family's life.
- Let **other people** share your grief and let them show you theirs. Remember other people in your life are also grieving and are feeling very helpless. They may be fearful of saying or doing the wrong thing. They need to be told honestly what they can do to help. Don't tell them you are fine if you are not. By allowing them to help you will be comforted and they will feel less helpless.
- **Support** - Contact other people who have been through this experience to talk to though internet bulletin boards, local support groups, friends or telephone helplines.(contacts included in this pack)
- **Express your grief** in any way that suits you - cry, sing, write a journal or poetry, listen to music, read, do a physical activity, etc...
- **Healing:** Take the time to look after yourself. Try homeopathy, counselling, flower remedies, cranial osteopathy or other therapies that can really help.
- Get copies of the **medical/delivery notes** and ask someone who understands them to read through them with you and to explain them to you in detail.
- If you feel you don't have the photo that you wanted of your baby, you can have an **artist's impression** drawn or painted from photos or descriptions. It may help to try and draw pictures yourself of what you remember or feel about your baby (try it even if you don't feel you can draw).



Later: What to expect

- **Physical symptoms of grief:** You may feel very tired for months. Other normal physical symptoms of grief can include; aches and pains, feeling cold, breathing difficulties or strange sensations in your chest, changes in appetite. Take care of your body, as you may have a low immunity
- When birth and death happen so closely together you will naturally feel shock and confusion. Try not to have high expectations of yourself; grieving and shock take enormous resources of energy. Try and plan your day simply.
- Don't expect that you will feel "all better" in a couple of days, weeks, months or even years. Healing is attained only after slow necessary progression through stages of grief and mourning. Take your time. Your upside-down world will slowly settle down, hopefully leaving you a more sensitive, compassionate person, better prepared to handle the hard times that everyone must deal with sooner or later. You have just experienced one of the worst things that can happen to a family and as you heal you will become aware of how strong you are.
- Know that there is a grieving process that you will **HAVE** to go through, in your own way, and although it can take a lifetime, it is better to start as soon as possible. Grieving isn't morbid, or a sign of weakness or mental instability. It is work that must be done. Now is the appropriate time. Allow yourself the time. Feel it, go with it. Try not to fight it too often. It will get easier. Expect that grief is variable, that some days are better than others. **Be patient and gentle with yourself.**
- Know that everything you feel is "normal" and has been felt by others in similar circumstances. You may feel fear, doubt, mistrust, vulnerability, anxiety. These are feelings that are a natural part of your grief. You are not going mad, even if it may feel like it.
- Don't be afraid that you will forget your baby or that you don't love him/her when you begin to feel better. You will always remember your precious baby because successful grieving carves a place in your heart where he or she will live forever. Remember your baby lived and had a life, however brief and you can treasure, honour and grieve your baby's life.
- When a baby dies, your dreams for and your vision of the future changes shockingly. It is hard to adjust to a new and different image of the future.
- You will probably find it difficult to be around parents and their new babies for a while. You may even feel resentful and jealous and in turn feel bad about this. This feeling will eventually go away. You are just being human. It is ok and perfectly normal.
- There won't always be answers. Even if you have an explanation for your baby's death and know what happened, it may not answer the question "Why did this happen?".
- In the midst of the most agonising time of your life, there will be laughter. Don't feel guilty. Laugh if you want to. Just as you must allow yourself the time to grieve, you must also allow yourself the time to laugh. Viewing laughter as part of the healing process, just as overwhelming sadness is now, will make the pain more bearable.

Siblings

- Siblings also experience grief. As with adults, each child will experience grief in their own way and have their own way of expressing it. Some feelings may be immediate and some may emerge later on. Sometimes children begin to openly express their feelings when their parents are more able to support them, usually when their own deep grieving processes is easing.
- As a parent you can simply do your best. At times when your own grief may be so deep that it isn't easy to be reassuring and comforting and patient. Try not to feel guilty; let your child feel loved in whatever way you are able.
- Be open about your grief; your child will be aware of it anyway.
- Let your child know that crying is helpful and that tears flowing make space for other feelings.
- Make a box of memories, poems, pictures with your children.
- Talking over the memories siblings have can be really helpful. The whole experience of a sibling's birth and death can easily become confused with dreams. Looking at photos and talking about the baby helps them to make it more real and to integrate the experience into their lives.
- Younger children i.e. toddlers, may simply need as much love and reassurance as possible. Songs and stories about their baby brother or sister woven into their everyday reality can be a simple acknowledgement about this important event in your family's life.
- Young children may "play" about death, hospitals, funerals, etc... This is natural and healing.
- Try to listen to your child's feelings even if they are challenging.
- Older children may find healing through being involved in the events after death; picking flowers, finding a special stone or candle, etc.. to place in the baby's special place or at their grave.
- Offer books to your children - see reading list.
- Some baby-loss web-sites have message boards especially for children to "chat"
- Remember that pregnancy is a time of expectation for all members of a family, full of feelings, hopes and dreams of the future. When a baby dies, this vision of the future changes shockingly. Grief if felt and honoured will help parents and children alike, to adjust to a new and different image of family life.



Advice to care givers, friends and relations:

- Encourage the parents to *take their time* to do or feel ANYTHING that *they* want to and don't hurry them
- Hold back on your own and other people's opinions
- This dead baby is still their baby. Encourage the parents to do whatever caring acts they wish with the baby i.e. hold her/him, cuddle her/him, kiss her/him, wash her/him, photograph her/him, dress her/him, video her/him, even take the body home. Don't be afraid to ask, suggest, support and encourage these things.
- Look at the baby as a parent would
- Use the baby's name & words like "mum", "dad", "son" or "daughter", etc... They are still true.
- The time immediately after the death is a precious one, in which to make a lifetime of memories. They need to soak up as much as they can bear, as it will help them through the grieving process later. They need to be as aware as possible.
- Show your emotions, cry and be human.
- Have & show respect and compassion for the parents and the baby
- Ask if you can organise any practical help for when they get home: cooking, cleaning, shopping, childcare, etc... or just ask what they honestly need.
- **Listen** - let them talk their story though as many times as they want to and don't be afraid to ask questions and to speak about the baby by name. You will learn through listening and it will help you and them to try and understand. Also. Don't be afraid to sit in silence.
- If you can't be there physically WRITE to the family - a simple card or a letter - these will be treasured.
- **Remember** and let them know you remember, as months and years pass, remember the baby by name in conversation or on anniversaries or holidays in cards - it will mean a lot.

Summary of Principles of Good Practice from SANDS website

1. Parents should be able to feel in control, and should be supported in making their own decisions about what happens to them and to their baby.
2. The care given to parents should be responsive to their individual feelings and needs.
3. Parents need information.
4. Communication with parents should be clear, sensitive and honest.
5. Parents should be treated with respect and dignity.
6. Parents' loss should be recognised and acknowledged, their experience and feelings validated.
7. Parents need to be given time.
8. All those who care for families after the loss of a pregnancy or baby's death should be well informed.
9. All those who care for families after the loss of a pregnancy or baby's death should have access to support for themselves.
10. All those who care for families after the loss of a pregnancy or baby's death should be given opportunities to develop their knowledge, understanding and skills.

Continued on next page....



More advice to care givers, friends and relations:

- Helpful words:
 - I'm so sorry
 - I am here and I would like to listen to you
 - I've been thinking about you and wondering how you feel
 - Take your time
 - I don't know what to say
 - It makes me so sad
 - How can I help you?
 - Do you feel like talking about him/her?
 - Please don't feel bad about crying in front of me. Tears are healing.
 - This must be very difficult for you
 - Or just hug them and show your own emotions. You don't always need words.

- Unhelpful behaviour
 - Acting as if nothing has happened
 - Wanting to pacify parents to alleviate their pain. Playing down factors to "make them feel better"
 - Pressuring parents to feel better
 - Judging or condemning their feelings
 - Protecting them from the reality of their loss or making uninvited decisions in their place
 - Wanting to spare them painful confrontations e.g. by putting away the baby things or avoiding the subject in conversation

- Avoid the usual clichés
 - Thank god you didn't have time to know the child
 - Better now than later
 - You can have other babies
 - Be thankful for the other healthy children you already have
 - It was for the best
 - It was God's will
 - Be glad - your child would not have been normal/healthy/etc...
 - You are lucky to be alive
 - Please don't cry
 - I know how you feel (unless you have had a similar experience)
 - (to the father) Now you must be strong for her or how is she? (without asking him how he is too)



Contacts

Totnes Baby Loss Support Group (SANDS) ☎️ 07811 412 271 - meeting monthly

SANDS Newton Abbot ☎️ Nikki 01626 205929

Stillbirth and Neonatal Death Society (SANDS) for helpline, leaflets and information.

☎️ Support line: 020 7436 7940 ☎️ Office: 020 7436 7940 (also see websites below)

Circle of Friends Bereavement Support Group – meeting monthly

Newton Abbot

General bereavement – all ages welcome

☎️ for further details Linda Woodland 01626 773690

Winston's Wish - support for children dealing with bereavement

☎️ 0845 20405 (also see websites below)

The Fernlea Trust - Centre for women dealing with issues arising from pregnancy loss, based in Paington; offering counselling and support. Free. ☎️ 07771 560339 or Maggie ☎️ 01803 853609 or Tina ☎️ 01803 843655

Foundation for the Study of Infant Deaths

Artillery House

11-19 Artillery Row

London

SW1P 1RT

☎️ enquiries: 020 7222 8001

☎️ 24 hour helpline: 020 7233 2090

(also see websites below)

The Cot Death Society

☎️ Helpline: 0845 6010234

☎️ Admin: 01635 861771

10 High Street

Thatcham

Berkshire

RG19 3JD

The Miscarriage Association

c/o Clayton Hospital Northgate

Wakefield

West Yorkshire

WF1 3JS

☎️ 01924 200 795

F: 01924 298 834

☎️ helpline 01924 200 799 (Mon-Fri 9am to 4pm)

Bereavement Support Service

22-32 Dartmouth Rd. Paington, Devon, TQ4 5AQ

☎️ 0800 0730109

offering support and finding relevant contacts to the bereaved.



Twin and Multiple Births Association (TAMBA)

Bereavement support group for parents who have lost one or both twins or babies from a multiple birth.

Tel: 0151 3480020

P.O. Box 30

Little Sutton

South Wirral L66 1TH

Or

Harnott House

309 Chester Road

Little Sutton

Ellesmere Port

CH66 1QQ

☎ 0151 348 0020 Fax: 0870 121 4001 ☎ helpline: 01732 868 000

CRUSE Bereavement Care - bereavement support and advice

Cruse House

126 Sheen Road

Richmond

Surrey TW9 1UR

☎ 020 8940 4818

F: 020 8940 7638

South Devon Branch 5b Bank Street, Newton Abbot, Devon TQ12 2LJ

☎ 01626 332450

☎ Helpline: Mon-Fri 9.30-5.30 020 332 7227/0870 1671677

☎ telephone counselling by phone 0345 585 565 (afternoons and evenings).

The Compassionate Friends

Support for parents of children who have died

Helpline 0845 1 23 23 04 : 10am to 4.00pm / 6.30pm - 10.30pm (GMT).

Office 0845 120 3785

Fax 0845 120 3786

Outside UK: +44 (0)117 966 5202

53 North Street

Bristol BS3 1EN

(also see websites below)

Blisslink

Counselling and advice for parents with babies in intensive care and bereaved parents whose babies have died in intensive care units

☎ 020 8319393

178-21 Emerald Street

London WCN 3QL

Child Bereavement Trust

Resources for bereaved families and for professionals

Aston House

High Street

High Wycombe

Bucks HP14 3AG

☎ 01494 446 648

Fax: 01494 440 057

(also see websites below)

Also:

Samaritans: health visitors, local vicars, priests,



Websites:

SIDS. Sudden Infant Death Syndrome
www.sids.org.uk

SANDS, Stillbirth and Neonatal Death Society
www.uk-sands.org
- www.southampton-sands.org.uk with a forum for sharing experiences

www.babyloss.com

www.aplacetoremember.com

www.tcf.org.uk - the compassionate friends website

www.crusebereavementcare.org.uk

www.griefnet.com

www.winstonswish.org.uk - for siblings

<http://www.juliesplace.com/> - for siblings all ages

www.smartlink.net/~tag/ - Teen Age Grief Inc.

www.parentsplace.com/boards - supportive community of other bereaved parents on these message boards: stillbirth, infant loss, trying to conceive after loss, pregnancy after loss, parenting after loss.

AGAST The Alliance of Grandparents, A Support in Tragedy is an organization dedicated to helping bereaved grandparents cope with their loss while being supportive of their children in their loss.
Internet URL: <http://www.agast.org>

Angels In Heaven Beautiful keepsake items to remember you loved ones.
Internet URL: <http://www.angelsinheaven.com>

Baby Angels Based in South Africa, this online organization enables parents to come together through the death of their babies and acknowledge their lives, no matter how short.
Internet URL: www.babyangels.co.za

BabySteps Resource centre for parents and children who have lost a child or sibling.
Internet URL: <http://www.babysteps.com>

Cot Life Society A U.K. website focusing on cot death (SIDS).
Internet URL:
<http://www.geocities.com/Heartland/Trail/5955>

Empty Cradle.com Web Page memorials dedicated to honor babies that have left this world before we were ready for them to. Bulletin boards on this site can be found at <http://www.emptycradle.com/forums>
Internet URL: <http://www.empty-cradle.com>

Grief Resources Page The Grief Resources Page was compiled by Kevin's mother after his death to Severe Combined Immune Deficiency (SCID). The resource page offers many links and addresses to pregnancy and infant loss organizations.
Internet URL: <http://www.neosoft.com/~acoustic/wwwajgrsrc.html>

GriefNet GriefNet is a collection of resources of value to those who are experiencing loss and grief. It is sponsored by Rivendell Resources, a non-profit foundation based in Ann Arbor, Michigan.
Internet URL: <http://rivendell.org/>

Haloes Provides numerous links to other sites pertaining to pregnancy and infant loss as well as informative information.
Internet URL: <http://Haloes.homestead.com>

Hope Caring support & information for families enduring neonatal loss.
Internet URL: <http://www.geocities.com/Heartland/Shores/1275/>

Hygeia, Online Journal Hygeia is listed as "An Online Journal for Pregnancy and Neonatal Loss - A New Resource for Women's Health and Healing." Dr. Berman intends Hygeia to be an interactive online journal with an approach to healing via three avenues.
Internet URL: <http://www.connix.com/~hygeia/>



I'll Meet You In The Morning A collection of inspirational music by Karen Ritchey in memory of her stillborn baby, Kyle.
Internet URL: <http://www.members.cnx.net/kritchey/>

Letters To Sarah, Surviving Stillbirth Supports grieving parents of infants. Whether from miscarriage, stillbirth, neonatal loss, or SIDS. we all share in the loss of our babies.
Internet URL: www.angels4ever.com

Little Hero.com Little Hero offers two beautiful, top quality Baby Memory Books for journaling the details of a loved baby who dies. One for use with infants who spent time in an NICU, and another for use by families experiencing a stillbirth or a late miscarriage."
Internet URL: www.littlehero.com

Missing Grace Provides support and resources to parents of stillborn babies and to help them bring about a positive change in their local medical communities through facilitating programs for awareness and prevention of stillbirth.
Internet URL: www.missingGRACE.org

Portraits By Dana Portraits by Dana - specializing in one-of-a-kind pencil portraits drawn from your photographs. Life-like portraits or fantasy type portraits can be created to honor the memory of your little one who will live in your heart forever.
Internet URL: <http://www.portraitsbydana.com>

SHARE SHARE is an organization that serves those who are touched by the tragic death of a baby through miscarriage, stillbirth, or newborn death.
Internet URL: <http://www.nationalshareoffice.com/>

Stillbirth Chat Room Extensive stillbirth chat room forum with 6 rooms to choose from. Look for the link in the left frame to the "Stillbirth Chat Room".
Internet URL: www.missingangel.org

The Unborn Memorial A place where one can create a memorial for their unborn child. (Click on The Memorial on their homepage).
Internet URL: <http://www.bprc.org/memorial/memorial.html>

DaKota Press Online and page based publishing specialising in Infant Loss. Including a quarterly Zine for bereaved parents, a Dictionary of Loss and many links and info
www.Kotapress.com

To Double Check:
www.misschildren.org
www.babybunny.com
www.stillfathers.org
www.banffsands
.moonfruit.com
www.penparents.org
www.mothers35plus.co.uk/losing2html



*****Recommended Reading*****

Losing a baby

Empty Cradle, Broken Heart - surviving the death of your baby

by Deborah Davis, Fulcrum Publishing, 1996, ISBN:

Help, Comfort and Hope, after losing your baby in pregnancy or the first year

by Hannah Lothrop, Element Press, ISBN no:1-86204-379-5

When a baby dies - the experience of late miscarriage, stillbirth & neonatal death

by Nancy Kohner and Alix Henley, re-published in June 2001 -

A Piece of My Heart - Living through the grief of Miscarriage, Stillbirth or Infant Death

by Molly Fumia, Conari Press, ISBN no: 1-57324-510-0. A mother's story after the death of her two week old baby.

Silent Cradle - help and understanding pregnancy loss

by Jane Gordon Morrow ISBN: 0893672254; (April 1998)

Losing Malcolm: A Mother's Journey Through Grief .

by Carol Henderson (a true story about infant loss and grief) Univ Pr of Mississippi (Trd); ISBN: 1578063396; (April 2001)

When Hello Means Goodbye

by Pat Schwiebert, small advice booklet

Tender Fingerprints

by Brad Stetson Zondervan Publishing House; ISBN: 0310243092; (April 1, 2002) - a christian couples experience of stillbirth of their son.

Dear Cheyenne: A journey into grief. A Collection of Angels & Love, A Celebration of Motherhood.

by Joanne Cacciatore. a mother's journal after the stillbirth of her daughter. Mothers in Sympathy & Support; ISBN: 0966301501; 2 edition (May 1999)

I'll hold you in Heaven: Healings and Hope for the Parent of a Miscarried, Aborted, or Stillborn Child.

by Jack Regal Books; ISBN: 0830714596; (November 1990)

Parenthood Lost: Healing the Pain After Miscarriage, Stillbirth and Infant Death

by Dr. Michael Berman, Bergin & Garvey; ISBN: 0897896149; 1 edition (January 15, 2001)

A Silent Sorrow: Pregnancy Loss - guidance and support for you and your family

by Ingrid Kohn and Perry-Lynn Moffitt Routledge; ISBN: 0415924812; 2nd edition (January 15, 2000)

An Empty Cradle, A Full Heart: reflections for mothers and fathers after miscarriage, stillbirth or infant death

by Christine O'Keeffe Lafser. Loyola Press (1998) ISBN: 0829411739 Christian emphasis.

Empty Arms : Coping After Miscarriage, Stillbirth and Infant Death

by Sherokee Ilse (Editor) Wintergreen Pr; ISBN: 0960945660; Revised edition (January 20, 2000)

Living With Leo

By Mario Di Clemente. Published and available through SANDS. 2004. £9.99 A father's letters to his son, who lived one day & further chapters about his story.

Parenthood Lost: Healing the Pain After Miscarriage, Stillbirth and Infant Death

Michael R. Berman (Editor)

Hardcover: 224 pages (December 2000)

Publisher: Greenwood Press; ISBN: 0897896149

If it happens to you: miscarriage and stillbirth - a human insight

Karina Colgan

Publisher: Farmar; ISBN: 0950929565

Losing a Child (Lion Pocketbooks)

Elaine Storkey

Paperback: 48 pages (20 August, 1999)

Publisher: Lion Publishing; ISBN: 0745941303

Short book offering spiritual encouragement

Silent Sorrow: Pregnancy Loss: Guidance and Survival for You and Your Family

Ingrid Kohn, Perry-Lynn Moffitt, Isabelle Wilkins

Paperback: 320 pages (10 February, 2000)

Publisher: Routledge, an imprint of Taylor & Francis Books Ltd; ISBN: 0415924812

Recently republished.

Love, Labour and Loss: Stillbirth and Neonatal Death

Jo Benson, Dawn Robinson Walsh



Paperback: 152 pages (July 1996)
Publisher: Scarlet Press; ISBN: 1857270630

Brief Lives: Parents' Writings

Alison Wood (Editor)

Paperback: 60 pages (1998)

Publisher: National Childbirth Trust; ISBN: 1870129911

When a Meeting Is Also Farewell: Coping with a Stillbirth or Neonatal Death

Ingela Radestad

Paperback: 116 pages (17 September, 1999)

Publisher: Books for Midwives; ISBN: 1898507759

Written by a midwife whose first baby was stillborn. Aimed at maternity care professionals. Includes midwives experiences.

A Candle for Lisa

Debbie Ruskin, *Pennine Pens*, 2002

Lisa Ruskin was born prematurely with serious heart defects. As her mother Debbie recovered consciousness from the emergency Caesarean Section, she was pressed to give consent to switch off Lisa's life support machine. She later learned that Lisa's organs had been retained by the hospital. In this sad but ultimately up-lifting book, Debbie tells of her fight to discover the truth about what happened to herself and Lisa, and of her own struggle to overcome her grief.

ISBN 1-873378-78-5, 72 pages: Price £4.99

A Different Kind of Parenting

A quarterly "zine" for bereaved parents by bereaved parents. Available at www.kotapress.com/frameless.html

Losing a child

One Step at a Time - mourning a child

by Betty Madill, Floris Press, ISBN no:0-86315-338-0 (religious) written by a mother who lost a three year old.

How to Survive the Loss of Child: Filling the emptiness and rebuilding your life

by Catherine Sanders, PHD. Prima. 1998. ISBN 0761512896 - practical advice and emotional support about phases of grief from a bereaved mother.

A Broken Heart Still Beats: After the death of your child

by A. McCracken-- is an excellent collection of essays from literature, fiction, and poetry about surviving the death of a child. Hazeldon Information Education (2000) ISBN: 1568385560

Where are you?

By Karen Schiling written by a mother who lost her 12 year old daughter (religious)

The Bereaved Parent

By Harriet Sarnoff Schiff. 1979. £6.99 - Written by a bereaved parent, this was the first book to describe the excruciating pain faced by the bereaved parent and to offer practical suggestions to help you cope.

Losing a Child

by Elaine Storkey. 1999. £1.50 written from a Christian viewpoint. It faces the pain & offers encouragement and hope.

An intimate loneliness: Supporting bereaved parents and siblings

By Gordon Riches & Pam Dawson. 2000. Pb. £18.99 Written by a sociology lecturer and a coordinator of bereavement services who demonstrate that they really have got inside the skin of bereaved parents and siblings.

After the death of a child: living with loss through the years

By Ann K. Finkbeiner. John Hopkins University Press (1998). ISBN: 080185914X - looking at the longer term. Interviews with bereaved parents looking back.

Grief in general

A Decembered Grief : Living With Loss While Others Are Celebrating

by Harold Ivan Smith Beacon Hill Press; ISBN: 083411819X; (September 1999)

A Rose in Heaven (reflections/religious)

by Dawn Siegrist Waltman Paradise Publications; ISBN: 1929678037; (November 1, 1999)

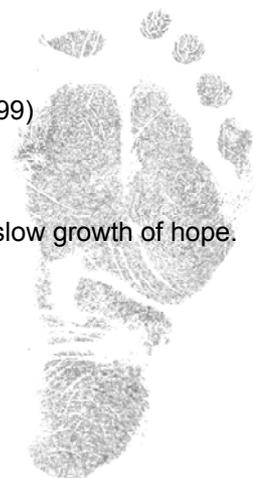
From Sorrow to Serenity (meditations/religious)

by Susan Fletcher. Hunter House; ISBN: 0966276914; (September 25, 1998)

Give sorrow words: poems of bereavement from The Compassionate Friends.

Poems of individual journeys, of the anguish of loss, of personal discoveries and of the slow growth of hope. £4.50 (ISBN 0 9523620 15)

The landscape of grief



Letters, articles, poems and random thoughts from our own members, from The Compassionate Friends. worldwide and from other writers - a series of individual snapshots from the journey of grief. £4.50 (ISBN 0 9523620 31)

Mostly for fathers

Swallowed by a Snake : The Gift of the Masculine Side of Healing

by Thomas R. Golden Golden Healing Pub Llc; ISBN: 0965464911; 2 Ed edition (November 2000 - general book about greiving and healing, mostly for men.

When a Man Faces Grief / A Man You Know Is Grieving

by James E. Miller Willowgreen Publishing; ISBN: 1885933274; (September 1, 1998)

Coming to Term : A Father's Story of Birth, Loss, and Survival

by William H., Jr. Woodwell Univ Pr of Mississippi (Trd); ISBN: 1578063744; (September 2001) - a father's story of the birth of his premature twins and the death of the smaller one.

For children

Remembering Michael

published by SANDS for younger children - a picture story book of a stillborn brother.

Five Days of the Ghost

by William Bell, Floris Press £4.99 for older children 9yrs + adventure & mystery story about a girl whose twin brother died. Exciting and sensitive.

Remembering my Brother

by Ginny Perkins. 1996. Hb £7.99 For 5 to 11 year olds. Chris, the middle child in a family, dies. This book tells how Greg and his family remember Chris, and the good and the sad times are portrayed in photographs of this real family.

Tale of two dolphins (when my sister died suddenly)

By Sarah Fitzgerald. 1998. Pb £5.00 Hb £10.00

Written by a 13 year-old girl who lost her older sisters in a school minibus accident. Poignant in its sharing of a profoundly painful experience. Nicely illustrated with pencil drawings and watercolours. For 6 to 14 year olds

Water Bugs and Dragonflies: explaining death to children

By Doris Stickney. 1997. £1.50 A profound mystery embodied in a simple story. Illustrated with black and white line drawings, with notes for parents and optional prayers. For pre-school age to 11 year olds

The forgotten mourners: guidelines for working with bereaved children

By Susan C Smith. 1999. £9.95 A simple and accessible book for teachers, social workers and all those involved with grieving children.

Healing a Child's Grieving Heart: 100 practical ideas for families, friends and caregivers

By Alan D. Wolfelt PhD

Helping Children Cope with Grief: Facing a Death in the Family (Overcoming Common Problems)

Rosemary Wells

Paperback: 110 pages (26 May, 1988)

Publisher: Sheldon Press; ISBN: 085969559X

General book about bereavement as it affects children – not specific to baby loss

All Shining in the Spring: The Story of a Baby Who Died

Siobhan Parkinson, Donald Teskey (Illustrator)

Paperback: 96 pages (1995)

Publisher: The O'Brien Press; ISBN: 0862783879

Written by the author to help her own son cope with the death of their new baby at birth

For those who are starting to think about trying again:

Trying Again

by Ann Douglas and John R. Sussman, M.D. Taylor Publishing (2000) Practical advice and emotional support about having a subsequent baby. ISBN: 0878331824

Pregnancy After a Loss: A guide to pregnancy after miscarriage, stillbirth or infant death

by Carol Cirulli Lanham. Berkley Publishing Group (1999) ISBN:0425170470

