



## HAND of the Peninsula

Helping After Neonatal Death  
[www.HANDsupport.org](http://www.HANDsupport.org)

### Helpful Websites for Pregnancy Loss & Infant Death

**A Bed for My Heart** <https://abedformyheart.com> Rest your grieving heart and let its truth spill outside the covers.

**A Heartbreaking Choice** [www.aheartbreakingchoice.com](http://www.aheartbreakingchoice.com) Unconditional support for women who have terminated a much wanted pregnancy due to a poor prenatal diagnosis, a severe or terminal fetal anomaly, a selective reduction, or for the health of the mother. Also has info on many medical conditions.

**A Trisomy 18 Journey** <http://www.trisomy18journey.org> Stories, information, and resources for parents expecting a baby with Trisomy 18, 3, or a similar disorder.

**Alliance of Grandparents, A Support in Tragedy**, at the **MISS Foundation** <http://grandbrigade.org> Support and information for bereaved grandparents on dealing with their grief and helping their children and other grandchildren, with a closed forum board for grandparents only.

**Bereaved Parents of the USA** <http://bereavedparentsusa.org> Support for the newly bereaved, including parents, grandparents, and siblings, following the death of a child at any age, from any circumstance. Spanish info too.

**Blog For Fathers When a baby Dies** <http://fathersgrievinginfantloss.blogspot.com> A place for dads to share their experiences and find support from other dads.

**Center for Complicated Grief** <http://complicatedgrief.columbia.edu> In New York, research-based helpful info about grief complications and treatment recommendations.

**Center for Loss in Multiple Birth (CLIMB)** [www.climb-support.org](http://www.climb-support.org) Support for the death of one or more twins, or higher multiple birth children, at any time from conception through birth, infancy and early childhood.

**The Compassionate Friends** [www.compassionatefriends.org](http://www.compassionatefriends.org) National and international peer support groups and information for families who have lost a child of any age and under any circumstance. Many local chapters listed.

**The COPE Foundation** <http://www.copefoundation.org> Based in New York, but helpful resources for parents, children, and families living with the loss of a child. Their COPE phone line offers phone support even outside New York.

**The Dougy Center for Grieving Children and Families** <http://www.dougy.org> Support for children, teens, young adults, and their families grieving a death, with lots of information and resources.

**Faces of Loss, Faces of Hope** <http://facesofloss.com> Stories of pregnancy and infant loss, searchable by subject, directory of blogs, list of songs, places for memorializing babies, and other helpful resources.

**Facts About Miscarriage, Information, Hope and Healing** <http://pregnancyloss.info>

**First Candle** <http://www.firstcandle.org/grieving-families/sids-suid/coping-with-grief>

On their “Coping With Grief” tab you can download pdfs on “Parents and the Grieving Process” and “For Fathers.”

**Glow in the Woods** [www.glowinthewoods.com](http://www.glowinthewoods.com) Support for moms and dads of lost babies and potential of all kinds. Discussion boards on a wide range of topics for pregnancy loss and infant death.

**GriefNet.org** <http://griefnet.org> Links to many different on-line adult grief support groups.

**Grieve Out Loud** <http://www.grieveoutloud.org>

**Grieving Dads Project** <http://grievingdads.com> For all grieving dads to share their stories.

**Healing Hearts for Bereaved Parents** [www.healingheart.net](http://www.healingheart.net) For parents and families suffering with pregnancy loss, infant death, or death of their child or children. Matches pen pals by similar loss, for parents, grandparents, and siblings.

**How to Help a Bereaved Parent** <http://m.wikihow.com/Help-a-Bereaved-Parent> Simple advice: does and don'ts.

**Honored Babies** [www.honoredbabies.org](http://www.honoredbabies.org) A place where mothers whose babies have died (miscarriage, ectopic pregnancy, stillbirth, neonatal death, infancy death, and/or pregnancy termination) can add their babies to an online memorial, join an online support group (there's also one for Grandmothers), and submit their story for book publication.

**Hope After Loss** <http://www.hopeafterloss.org> Peer support, by phone and email, to parents who have experienced the loss of a pregnancy or infant.

**International Stillbirth Alliance (ISA)** <http://stillbirthalliance.org> An alliance of member organizations and supporters working towards causes and prevention of stillbirth and improvement of bereavement care worldwide.

**KidSaid.com** <http://kidsaid.com> Companion site to GriefNet.org, where grieving kids can find information, ask questions, and get on-line support. To kids, for kids, and by kids.

**March of Dimes** [www.marchofdimes.com](http://www.marchofdimes.com) With a goal of preventing birth defects, premature birth and infant death, they support moms in taking charge of their health and support families when something goes wrong. Long-time advocacy, research, and educational organization which began to help with the polio epidemic, with a “Loss and Grief” section.

**MEND, Mommies Enduring Neonatal Death** [www.mend.org](http://www.mend.org) Christian site offering support and resources for families suffering miscarriage, stillbirth, or early infant death.

**Miscarriage Matters** [www.mymiscarriagematters.com](http://www.mymiscarriagematters.com) Support for survivors of pregnancy loss and infant death via live on-line chat and peer mentors for both moms and dads.

**MISS Foundation** [www.missfoundation.org](http://www.missfoundation.org) Support, advocacy, research, education and resources to families experiencing the death of a child, no matter their age or cause of death. On-line support groups for various types of losses and different family members.

**Missing Grace** [www.missinggrace.com](http://www.missinggrace.com) Support, education and resources for parents experiencing pregnancy loss, infant death and infertility, and adoption challenges.

**National Alliance for Grieving Children** [www.childrengrieve.org](http://www.childrengrieve.org) For children and teens grieving a death.

**Pregnancy After Loss Support (PALS)** <https://pregnancyafterlosssupport.com> Stories, on-line magazine, and private Facebook groups for women experiencing grief mixed with joy of pregnancy after loss.

**Postpartum Progress** [www.postpartumprogress.org](http://www.postpartumprogress.org) for women experiencing mental illness during and following pregnancy; what's normal versus what indicates the need for professional help, and helpful resources.

**Postpartum Support International** <http://www.postpartum.net> Info, social support and informed professional care resources for women experiencing depression and mental health issues during pregnancy and postpartum. Their PSI Warmline (800) 944-4773, dial 1 for Spanish and 2 for English, has volunteers to return calls (not a crisis hotline).

**Reconceiving Loss** <http://reconceivingloss.com/gift> Info for grieving, healing and remembrance, for pregnancy and infant loss.

**Remembering Our Babies** <http://www.october15th.com> For National Pregnancy and Infant Loss Awareness Day

**Resolve, the National Infertility Association** [www.resolve.org](http://www.resolve.org) National support, education and resources for women and men with infertility. Comprehensive information and on-line support groups.

**Return to Zero Center for Healing** <http://www.returntozerohealingcenter.com> Comprehensive resources for infertility, pregnancy loss, termination, stillbirth, infant death, special birth and pregnancy situations, pregnancy after loss, and living without a subsequent child.

**Share Pregnancy & Infant Loss Support** <http://nationalshare.org> Support and information for grieving parents, grandparents, siblings, and others in the family, as well as professionals caring for grieving families. English and Spanish.

**Sidelines National Support Network** [www.sidelines.org](http://www.sidelines.org) Connection with other moms on bed rest and experiencing high-risk and complicated pregnancies, and premature birth.

**SPALS, Subsequent Pregnancy After a Loss Support** [www.spals.com](http://www.spals.com) A warm and compassionate community of about 400 members who have experienced the loss of a child due to miscarriage, selective termination, stillbirth, neonatal death, sudden infant death, or accidental death who share mutual support and information regarding subsequent pregnancy.

**Still Standing Magazine** <http://stillstandingmag.com> Online magazine to empower bereaved moms and dads, and those with infertility, to embrace life after a loss.

**Twin to Twin Transfusion Syndrome Foundation** [www.tttsfoundation.org](http://www.tttsfoundation.org) Information and support for parents, healthcare providers and other caregivers before, during and after a diagnosis of twin to twin transfusion syndrome. In English, Spanish, French and German.

### Sudden Infant Death Syndrome - SIDS

**American SIDS Institute** [www.sids.org](http://www.sids.org) Prevention of SIDS and promotion of infant health through nationwide research, education, and family support, with straightforward and sensitive answers to their questions.

**California SIDS Program** <http://californiasids.cdph.ca.gov/Universal/HomePage.html> Resources for those affected by Sudden Infant Death Syndrome. Spanish language info available by typing "Spanish" into search bar.

**CJ Foundation for SIDS** <http://www.cjsids.org> SIDS support resources, research and education.

## Books, Cards, Art, Photography, Memorials and Mementos

- A Place to Remember** [www.aplacetoremember.com](http://www.aplacetoremember.com) Books, resources and memory items for pregnancy loss and infant death (English and Spanish).
- Bugaboojewelry** <https://www.etsy.com/shop/bugaboojewelry> Jewelry for pregnancy loss and death of a child.
- Carly Marie Project Heal** <http://carlymarieprojectheal.com> Resources, memorial artwork, and community for bereaved parents. Writes babies' names at sunset on the beach sand, and photographs them. Created Bereaved Mother's Day, Bereaved Father's Day, and August 19 Day of Hope.
- Center for Loss & Life Transition** [www.centerforloss.com](http://www.centerforloss.com) Books, cards, DVDs, trainings and resources for bereaved families, including adults, children and caregivers/professionals.
- Centering Corporation** [www.centering.org](http://www.centering.org) Books, cards, DVDs, and resources for bereaved families, including adults, children and caregivers/professionals (English and Spanish).
- Grief Watch** [www.griefwatch.com](http://www.griefwatch.com) Books, cards, DVDs, infant urns, and resources for bereaved families, including adults, children and caregivers/professionals (English and Spanish).
- Now I Lay Me Down To Sleep** [www.nowilaymedowntosleep.org](http://www.nowilaymedowntosleep.org) Professional remembrance photography for parents suffering the loss of a baby, in a compassionate and sensitive manner, at no charge.
- Perfect Memorials** <http://www.perfectmemorials.com> Cremation jewelry and urns, caskets and sympathy gifts.
- Portraits By Dana** <http://portraitsbydana.com> An artist who works with a baby's photo and input from the parents to create a beautiful memorial pencil drawing of the baby.
- SoulCyster Creations** <http://www.soulcystercreations.com> Remembrance jewelry by a mom who suffered pregnancy losses due to polycystic ovarian syndrome.
- Spirit Babies Ceremony** <http://www.spiritbabies.org/2014/07/04/tips-on-organizing-your-own-spirit-babies-ceremony> How to create your own ceremony, based upon the Buddhist Japanese Mizuko Kuyo ceremonies for pregnancy loss and infant death. Other helpful resources too.
- Remembering Our Babies Memorial Keepsake Boutique** <http://www.rememberingourbabies.net> Baby loss jewelry, decals, sculptures, keychains, candles, and other memorial keepsakes.

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To help us update this list please email us at [info@HANDsupport.org](mailto:info@HANDsupport.org)

4<sup>th</sup> draft, last updated 4/21/16 by Chris Lehr