



HANDsupport.org

Helpful Websites for Pregnancy Loss and Infant Death

2020Mom <https://www.2020mom.org> National advocacy and education for maternal mental health care, including postpartum depression and psychosis.

A Bed for My Heart <https://abedformyheart.com> Gentle and supportive information, blog and book *You Are the Mother of All Mothers, a Message of Hope for the Grieving Heart.*

A Heartbreaking Choice 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.

Baby Loss Family Advisors & Baby Loss Doulas <http://www.babylossfamilyadvisors.org> Helpful immediate tips for newly bereaved parents. Loss Advisors / Loss Doulas offer compassionate and informed support to families facing the loss of a baby in miscarriage, stillbirth, or other infant death.

Because Your Miscarriage Matters <http://www.mymiscarriagematters.org> Support for survivors of all kinds of pregnancy loss and infant death via live on-line chat and peer mentors for both moms and dads.

Bereaved Parents of the USA <https://www.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** information too.

Blog for Fathers When a baby Dies <http://fathersgrievinginfantloss.blogspot.com>
Dads share their experiences and find support from other dads. By Tim Nelson, author of *A Guide for Fathers When a Baby Dies.*

Center for Complicated Grief <https://complicatedgrief.columbia.edu> Helpful and researched-based information about grief complications and treatment recommendations, for the pain that doesn't go away.

Center for Loss in Multiple Birth (CLIMB) 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.

Charlotte's Purpose <https://www.charlottespurpose.com> Resources, writings, memorial planning and ideas for grieving mothers, fathers, siblings and grandparents who have experienced a neonatal death.

The Compassionate Friends <https://www.compassionatefriends.org> National & international peer support groups and information for families who have lost a child of any age and under any circumstance. Many local chapters.

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

Cuddle Cot Campaign <https://stopstillbirthsap.org/cuddle-cot-campaign> Giving families choices and more time together, with a small in-room cooling unit placed inside a crib or basket, to preserve a baby's body and give parents more time to say goodbye. Every moment spent is a precious gift of time and love.

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 <https://firstcandle.org> Reducing rates of Sudden Infant Death Syndrome (SIDS) and stillbirths through education and research. At "Bereavement" tab click "Surviving the Sudden Death of a Baby" and "Coping with Grief" to download pdfs on "Parents and the Grieving Process" and "For Fathers." **Spanish** information too.

Glow in the Woods www.glowinthewoods.com Support for moms and dads of lost babies and potential of all kinds. Discussion forums 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. Their companion site <http://kidsaid.com> provides support for grieving kids and their parents.

Grieve Out Loud <http://www.grieveoutloud.org> For families and professionals touched by pregnancy loss and infant death. Pen pal match with similar loss, support by phone or email, and private on-line support group through Facebook. Also consulting services to birth professionals, and help to form their own bereavement program.

Grieving Dads Project <https://grievingdads.com> For all grieving dads to share their stories. Kelly Farley, the father who hosts the site, lost two babies before birth. He and his wife went through a lot, including fertility treatments. He wrote Grieving Dads: To the Brink and Back, including the experiences of other bereaved fathers.

Healing Hearts for Bereaved Parents www.healingheart.net Information and grief support 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 <https://m.wikihow.com/Help-a-Bereaved-Parent>
Simple advice on how to help, including dos and don'ts.

How to Help and Care for a Friend After Miscarriage or Stillbirth
<http://adrielbooker.com/care-for-a-friend-after-miscarriage-or-stillbirth>

Hope After Loss <http://www.hopeafterloss.org> Information and peer support, to mothers and fathers who have experienced pregnancy loss or infant death, by phone and email.

International Stillbirth Alliance (ISA) <http://stillbirthalliance.org> An alliance of member organizations and supporters working towards 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.

LGBTQ Perinatal Wellness Center <https://lgbtqperinatalwellnesscenter.com> LGBTQ perinatal providers in the Bay Area supporting needs from preconception preparation through childbirth to early parenthood & beyond.

March of Dimes <https://www.marchofdimes.org> To improve the health of babies by preventing birth defects, infant mortality, and premature birth. Education for medical providers and the public about best practices, supporting lifesaving research, and offering support to families in NICUs. Also see the section on “Complications and Loss.”

MEND, Mommies Enduring Neonatal Death <https://www.mend.org> Christian site offering support and resources for families suffering miscarriage, stillbirth, or early infant death.

MISS Foundation <https://missfoundation.org> Support, advocacy, research, education and resources for 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 <http://www.missinggrace.com> Support, education and resources for parents experiencing pregnancy loss, infant death, infertility, and adoption challenges.

National Alliance for Grieving Children <https://childrengrieve.org> For children and teens grieving a death.

On Line Postpartum Depression Support group <http://www.ppdsupportpage.com/index.html> Information and support for those dealing with postpartum mood disorders, their families, friends, and healthcare providers. Printable brochures about PPD and suggestions for self-care in English, **Spanish, Italian and Greek**.

Option B <https://optionb.org/about> Learn how to build resilience for life-changing challenges of all kinds. Read and share personal stories, and connect with people who understand. Videos on coping with hardship, practical advice for talking about loss, recommendations on how to live with health challenges, and more.

Out of the Darkness <http://www.outofthedarknessgriefsupport.com> Grief support blog, links to resources for parents, family, friends, caregivers and professionals. Hosted by Kimberly Amato, bereaved mom who wrote Out of the Darkness, Coping With and Recovering From the Death of a Child.

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

Postpartum Support International <http://www.postpartum.net> Information, support and informed professional care resources for women experiencing depression and mental health issues during pregnancy and postpartum. Help for Moms and resources for Dads. Their PSI Helpline (800) 944-4773, dial 1 for **Spanish** or 2 for English, has volunteers to return calls (not a crisis hotline). Resources for both mothers and fathers.

Reconceiving Loss <http://reconceivingloss.com/gift> Paid subscription-based information for grieving, healing and remembrance, for pregnancy and infant loss.

Refuge in Grief <https://www.refugeingrief.com> By Megan Devine, author of It's OK That You're Not OK: Meeting Grief and Loss in a Culture that Doesn't Understand. Information, videos and podcasts. Printable tips on self-care for those in the early days of grief and Dos and Don'ts for how to support a griever. Paid online courses like “Writing Your Grief” to help with coping skills.

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

Resolve, the National Infertility Association <https://resolve.org> National support, education and resources for women and men with infertility. Comprehensive information, telephone Helpline and on-line support groups.

Return to Zero: H.O.P.E. <http://rtzhope.org> Comprehensive resources for infertility, pregnancy loss, termination, stillbirth, infant death, special birth and pregnancy situations, pregnancy after loss, and living without a subsequent child. Dos and Don'ts (what to say). Videos of bereaved parents and healthcare providers.

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. Many resources, including Share chapters in many states and on-line support chats. English and Spanish.

Sidelines High-Risk Pregnancy Support <https://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 <http://www.spals.com> Mothers who are pregnant again, after prior pregnancy loss and infant death, can subscribe to a support network of email discussions on specific concerns and topics for mutual self-help.

Still Standing Magazine <https://stillstandingmag.com> Free online magazine for surviving loss and infertility, to empower bereaved moms and dads to embrace life after a loss, including subsequent pregnancy and parenting after loss. Sections on talking to children about death, and information for grandparents too.

Twin to Twin Transfusion Syndrome Foundation 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 <https://sids.org> Prevention of SIDS and the promotion of infant health through nationwide research, education, and family support, with sensitive answers to their questions.

California SIDS Program

<https://www.cdph.ca.gov/Programs/CFH/DMCAH/SIDS/Pages/default.aspx>

Resources for those affected by Sudden Infant Death Syndrome. Information in **Spanish and many other languages** at the drop-down tab "Select Language."

CJ Foundation for SIDS <http://www.cjsids.org> To eliminate the tragedy of sudden unexpected infant deaths and support families via extensive granting program for education, research and bereavement support.

Books, Cards, Art, Photography, Memorials and Keepsakes

A Place to Remember www.aplacetoremember.com Books, resources and memory items for pregnancy loss and infant death.

Babies Remembered <http://wintergreenpress.org> Information, short video, books and resources for parents, families and caregivers. Guidance for newly bereaved parents. Advice for hospital personnel.

Center for Loss & Life Transition <https://www.centerforloss.com> Books, cards, DVDs, trainings and resources for bereaved families, including adults, children, caregivers and professionals.

Centering Corporation <https://centering.org> Books, cards, DVDs, and resources for bereaved families, including adults, children, caregivers and professionals in English and **Spanish**.

The Comfort Cub <https://thecomfortcub.org> Weighted teddy bears bring comfort to aching arms and broken hearts.

Grief Watch <https://griefwatch.com> Books, cards, DVDs, infant urns, and resources for bereaved families, including adults, children, caregivers and professionals. English and **Spanish**.

Healing Embrace <https://www.healingembrace.org> Bringing hope and healing to grieving hearts and to celebrate and honor the lives of babies gone too soon. "Birth" weighted bears to hold for empty arms.

How to Obtain Certified Copies of Fetal Death and Still Birth Records:

<https://www.cdph.ca.gov/Programs/CHSI/Pages/Vital-Records-Obtaining-Certified-Copies-of-Fetal-Death--Still-Birth-Records.aspx>

California Department of Public Health, Vital Records, (916) 445-2684

Memorial Keepsakes from National Share

<http://nationalshare.org/support-resources/memorial-keepsakes>

Extensive list of memorial keepsakes, jewelry, art, urns, caskets, monuments, and burial garments.

My Forever Child <https://myforeverchild.com> Jewelry and gifts for pregnancy loss and infant death.

Now I Lay Me Down To Sleep <https://www.nowilaymedowntosleep.org> Free photography of infants who have passed away, or who are dying, from trained and sensitive professional photographers who are experienced in working with parents suffering the loss of a baby.

Perfect Memorials <https://www.perfectmemorials.com> Cremation jewelry and urns, caskets and sympathy gifts.

Portraits by Dana <https://portraitsbydana.com> Artist uses babies' photos, with on-going input from the parents, to hand-draw very beautiful pencil portraits to honor and remember missing babies.

SoulCyster Creations <https://www.soulcystercreations.com> Remembrance jewelry by a mom who suffered pregnancy losses due to polycystic ovarian syndrome.

Spirit Babies Ceremony <https://www.spiritbabies.org> To remember and honor our spirit babies who were lost due to miscarriage, abortion, stillbirth, or for any other reason. We also welcome anyone grieving because they cannot have children. Tips on how to create your own ceremony, based upon the Buddhist Japanese Mizuko Kuyo ceremonies for pregnancy loss and infant death. Many other helpful resources too.

The Seashore of Remembrance <http://theseashoreofremembrance.blogspot.com> Babies' names written on the beach sand at sunset, and photographed, for bereaved parents. Plus other memorial artwork.

HAND of the Bay Area (Helping After Neonatal Death) <HANDsupport.org>

To help us update this list please email us at info@HANDsupport.org

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