



Babies Remembered

Honoring and Remembering Loved Babies Who Have Died

Volume III Issue 4 (# 12) Oct/Nov/Dec 2011 **PREVIEW – Subscribe to see pages 4-15**

Family & Friends – How to Help Parents after a Baby Dies

9 **W**hen a baby dies, family and friends are dazed and often quite confused about what they should do and what they can possibly say that might make a difference. They wonder what will help, not hurt. And they often make mistakes for lack of experience and understanding about what the parents need and for how long they will want support. The parents caregivers may also find it difficult to understand their role and to know how to be a good listener and a good helper.

Family members also have their own grief over the loss of this precious baby and they struggle with their own feelings and at the same time working to be there for the parents.

This eZine delves deeply into the topic. We offer supporters specific ideas about what to do and say and what NOT to do and say. Parents share their thoughts about what helped and what did not.

There are many resources that family, friends, and caregivers including books, booklets, websites, videos, and more.

Use this eZine as a Resource piece itself – give it to grandparents, sibling, other relatives, and friends. If you are a health professional or counselor, you might wish to make it available to parents

THIS IS A PREVIEW – Subscribe to see pages 4-15

Introducing Baby Loss Doulas and Post Partum

Loss Doulas...Read about the **Launch** of this new Certification Program on page 2...



Sherokee Ilse: The author of **Empty Arms**, 17 books/pamphlets dealing with grief and loss, and the magazine 'Babies Remembered'. "I have been helping both parents and professionals in the field of stillbirth and infant loss, as well as promoting research on probable causes for stillbirth to save babies lives for over 28 years. I am a bereaved mother, a parent advocate, and a professional author and educator.

Feel free to contact me re: speaking engagements, my books, new CDs, the new CEU units for nurses, or other info. www.babiesremembered.org, info@babiesremembered.org or by phone 952-476-1303

Hospital Caregivers - KEY INFLUENCERS

When it Comes to Support Given by Family & Friends Over Time

Grandparents and other relatives of beloved babies who die in the hospital (especially in stillbirth or miscarriage) **depend on hospital staff to involve them**..to help them meet and 'love up' their families' baby.

As Grandma Shawna tells nursing staff after her horrific hospital experience when her grandson Garrett died (see page ___ for the true, but painful story)--

"Deliveries occur with your patient and her partner. births happen in families. This is OUR baby, too. In the hospital, the staff meet the baby and support the grieving couple, but once parents leave, what if they have no one who has shared that experience with them? How is the family supposed to adequately offer support to an event they did not participate in and grieve well together for a baby they never held?"

"If we are to support each other over time and to have special memories that we can share, we need to be involved in a more direct and compassionate manner from the very beginning- in the hospital beside our families' dear newly bereaved parents." **Cont. on pg 9**

Shauna is right. The staff set the stage and are the role models. If they leave the extended family in the waiting room and forget to involve them in the precious few hours this baby is available to them, what is likely to happen later? Support is best built from inclusion from the very beginning. Staff should encourage them to participate by holding the baby, helping with mementos, to be in family pictures with the baby and beyond. This is the families' baby. If this baby was born and died at home, it would be natural for most families and friends to be present...let's look carefully at training and policies.



LAUNCH Announcement

Loss Doulas
International

Www.LossDoulas.com

Loss Doulas International (LDI) provides certification of Loss Doulas to offer compassionate and informed support to Baby Loss moms, dads, and families. These Loss Doulas are trained to support parents whose baby has or will die (including miscarriage), work with them to prepare for their baby's birth, assist in creating a Birth Preferences Plan, provide companionship and assist in saying hello and goodbye in the hospital or at home, be a gentle advocate, and help them locate appropriate resources and ongoing support.

Table of Contents

Hospital Staff Key Influencers	1
Loss Doulas Launch	2
Upcoming Events, Shattered Dream Video	3
Poems	4
Books and Booklets	5
Involving Families, Poems	6
Introducing Healing Hearts Shop	7
Helping Words and Deeds	8
Grandma Shawna's Emotional Story	9
What to write on cards and notes	9
Bereaved Parents' Wish List	10
Care Provider Tips	11
25 Things NOT to Say or Do	12-13
What TO SAY to Bereaved Parents	14-15
Nneka's Story	15
Healing Hearts Shop	16

LDI also offers a number of non-certifying seminars on related subjects including **Birth Preferences Planner, Support Group Leader, Peer Support Companion, and Grief in the Workplace Consultant.**

Parents deserve to have a compassionate birth advocate who understands loss, who can work closely with the clinic/office/hospital staff, and who knows the pros and cons of decision-making as well as key resources. Well screened and trained baby loss parents and perinatal loss oriented professionals can fulfill these roles. Let's help each community have people in place, ready to help as soon as they are needed. We seek special people to become Baby Loss Doulas and Post Partum Doulas.

Meet our—

Founders: Sherokee Ilse, Author, Founder Babies Remembered; Pat Flynn, PhD, Doula, Founder/CEO 1st Breathe

Additional Team Members: Suzanne Helzer, RNC-OB, LCCE; Sue Steen, RN, MSN, BSN, Lori Martini, Healing From the Start, Laura Stutzman, Family Resource and Memories to Hold Coordinator, Doula, Katherine Hensley, Doula, Threads of Love, Maribeth Doerr, Storknet Founder, Author

We invite you to become certified as a Baby Loss Doula or a Post Partum Loss Doula.

*** Inaugural Baby Loss Certification Program Workshop Special ***

**\$300 fee --reduced by \$150 for the first 5 qualified candidates in exchange for your feedback
March 16 (evening)-19, 2012, St. Petersburg, FL**

Other possible upcoming workshop locations(dates TBA)

Kansas City, MO

Phoenix, AZ

Minneapolis, MN

Upstate NY/PA

Regina, Canada

Taking requests for other cities

For more information about LDI, future workshops and seminars, visit our website or contact us:
Sherokee 952-201-8667 or Pat 816-830-9572

**Baby Loss Doula International (LDI) Certification
Inaugural Training**

March 17-19, St. Petersburg, FL

LDI Certification Courses

Dates TBA

-Kansas City - Mpls MN (Sept or October 2012)
Upstate NY, PA, Phoenix, Regina Canada, and other cities
near you. Contact us to help organize a training weekend.
sherokeelse@yahoo.com or Pat@1stbreathe.com

**First Candle, 'SIDS, Stillbirth, and Infant Survival',
Conference -ISA, ISPID Bi-annual Int'l meetings**

October 5-7, 2012, Baltimore, MD

www.FirstCandle.org

**Miss Foundation International Conference, October 4-
6, Phoenix, AZ, Fiesta Resort (Tempe)**

www.misschildren.org

NEW DVD

Clinics, Doc's Offices, Hospitals

I Hardly Knew You...What Happens Next?

This 19 minute *First of a Kind DVD* will help staff and parents slow down the 'Race from Getting the News to Being Induced.' A crisis occurs when a fatal diagnosis is given...then the crisis is compounded by a rush to 'get it over with.'

Sadly, this means families have no, or very little, preparation time and they can only operate out of shock and fear.

Over and over it is becoming clear, that the families who spend some time at home – hours to a few days, have time to let the news sink in, make the calls, pack their bags, and contemplate the many life-altering decisions in a more calm environment. This can only occur if they are given reading materials and others to talk with who can offer gentle guidance and the perspective of longer term, rather than short-term decisions based on fear of the unknown.

Author, educator, and bereaved parent, Sherokee Ilse is joined by Paul and Eileen who have no regrets about their hospital experience because they had the gift of time and a 'Birth Planner' to assist them in knowing what was ahead and helping them pre-plan.

The Packet includes both a staff and parent DVD along with practical handouts for both. Normally \$100, available until April 1, 2012 for \$50. Small fee per download (ordered in lots of 5).

Order on the web - www.BabiesRemembered.org
Or call for more information 952-476-1303

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Shattered Dreams:

How Family and Friends Can Help

11 minute Video

This sensitive video featuring Sherokee Ilse, helps family and friends understand what bereaved parents are going through. It offers practical suggestions on what to say and how to help after miscarriage, stillbirth, neonatal and SIDS deaths.

\$9.95 to download or \$12.95 for DVD
plus s/h.

www.Healingheartsshop.com

Healing Hearts Shop



A 'Grateful' Jar to write thoughts and grateful feelings whenever you have them



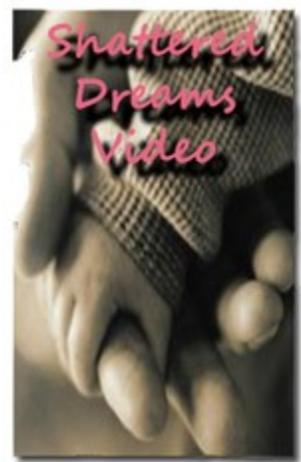
Stone Remembrance Hearts



Heart within a Heart Grief Watch

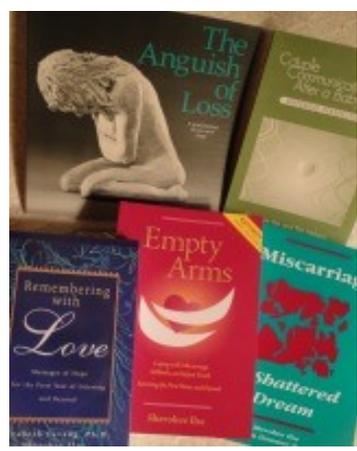
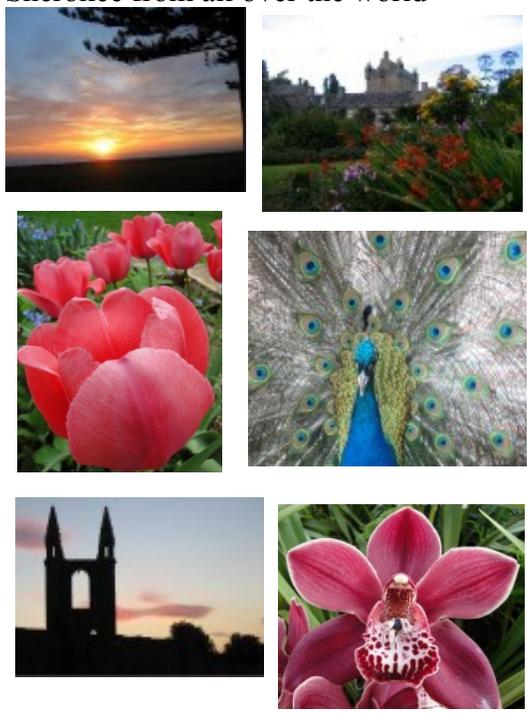


Remembrance Heart Necklaces – soft colors



A video specifically for Family & Friends 12 minutes packed full of ideas of what to say and how to help...by Sherokee

Blank Photo Cards by Sherokee from all over the world



Books for Parents, family, and friends...by Sherokee

www.HealingHeartsShop.com

The information in this magazine is meant for educational purposes only, not for diagnosis or treatment. Discuss your medical care with your provider.

BABIES REMEMBERED
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