

# Babies Remembered

Honoring and Remembering Loved Babies Who Have Died

Volume II Issue 3 (#7) July/Aug/Sept 2010

## *Subsequent Pregnancy - Healthy Parenting After Loss*

**A**ttachment and bonding to a subsequent pregnancy and child after one or more losses can be a complicated thing. Is it possible to fully engage, holding on to hope after having suffered the ultimate--the death of an expected, precious baby? Does getting pregnant too quickly cause undue hardship on the mom, couple, and impact a subsequent child? What if the couple cannot agree? Can one child *replace* another?

This issue explores the topic deeply. Experts and parents share their perspectives and experiences. There are positive ways to embrace the next pregnancy, yet they are based upon how one handles not only the previous loss(es), but the ongoing 'parenting' of holding a deceased child in one's heart and family forever. Care providers have a critical role in helping parents understand that healthy, lifelong grieving and love for the baby who died is critical for personal healing **and** for preparing for another. As you help families meet and 'love up' their baby, you are setting the stage for healthy parenting now and in the future. Some of the numerous topics to check out are:

Subsequent Pregnancy has complex development issues  
Decisions about whether to get pregnant, using the previous sibling's name, living through 9 months... To attach or not?  
How the Japanese culture 'remember' babies who have died  
Healthy energy impacts a healthy baby  
Does another baby bring happiness and minimize the grief?  
Prevention suggestions  
Caregiver Tips to help  
Tips for Families

**Pages 6-16**

### International Stillbirth Conference in Sydney, Australia is calling

Do you wish to meet others who have a passion to find the cause of stillbirth?

Who can share bereavement work from the perspective of many countries and regions?

Researchers, doctors and midwives, and nurses working in the field, parent advocates, professional caregivers, and interested parents will be there. Will you?

Sponsored by--

www.ispid (Int'l Society for the Prevention of Perinatal and Infant death) and

www.stillbirthalliance.org (Int'l Stillbirth Alliance)



“While there is an abundance of literature speaking to the effect of perinatal loss on parents there is little research on the subsequent pregnancy, in spite of pregnancy rates of 59 to 86 % being reported. In addition, previous studies suggest children born after a loss are more at risk for attachment disorders.”

Joann O'Leary, Ph.D, a subsequent pregnancy loss specialist.

Read Dr. O'Leary's articles on pages 7 & 8.



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](http://www.babiesremembered.org), [info@babiesremembered.org](mailto:info@babiesremembered.org) or by phone 952-476-1303

## What do I do now? I really want another baby, but what if something happens?

*I am frightened. Now that experience has shown me that bad things can happen to me, I realize it could happen again--to another pregnancy, to my other children, or to my partner. Life holds no guarantees, but why did I have to learn this the hard way? And now will I ever make it through another pregnancy? --A mom*

People who conceive following a loss or multiple losses find that they rarely have the same carefree joy that might have characterized their first or early pregnancies. The feelings of fear and doubt can be quite intense, and they need to be addressed. There is a common tendency to try not to “bond,” or to play the “wait and see” game, just in case things don’t go well.

The thought of trying again for another baby is frightening. The “what ifs” can be overwhelming. *What if we can’t get pregnant? Or what if we do get pregnant again? How would we survive another pregnancy? What if another loss occurs?*

Before tragedy strikes, most people feel invincible, believing that bad things won’t or can’t happen to them. This may seem especially so if they have lived a “good” life. After a loss, it seems as if their bubble has burst; their shield has shattered. You may feel this way, as if anything could now happen.

Facing another pregnancy with this fear may seem frightening and daunting. Yet, this is what almost every parent goes through as they contemplate, “What next? Do we dare try again?” In addition, your innocence has been lost. You may feel you can no longer enjoy your pregnancy in the blissful, hopeful manner that others enjoy theirs. This becomes another loss.

If your loss has just occurred or feels very new and fresh to you, it may be too early to answer this question and actively begin to have another baby even if every muscle in your body aches to be pregnant again. Right now, you need to grieve and get through some of this experience even though you may be completely obsessed with getting pregnant again. Grieving will take all, or most, of your energy for awhile. The two opposing emotions, mourning and giving life, are difficult to live through at the same time. You loved (and still love) your child who deserves to be missed and remembered, just as you need to honor them and work through this...

(Continued on page 10)

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East Northport, NY 11731

Bereaved Mom and designer, Susan Mosquera, specializes in *Personalized Remembrance Jewelry* for babies who were miscarried, stillborn, or died in infant death, as well as for older children, and adults.

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- Personalized Memorial Jewelry,
- Personalized Memorial Candles and
- Sympathy Gifts
- Fertility and Healing Gemstone Jewelry,



Using a child's Custom Handprint and Footprints, personalized charms, pendants, key chains, bracelets, and cufflinks can be created.

Link: [www.MyForeverChild.com](http://www.MyForeverChild.com)

# Upcoming Events

## Babies Remembered Inservices

**Empty Arms** (Sherokee Ilse) workshops in *Australia*  
Launceston, Sept. 30, Melbourne, Oct. 1, Brisbane,  
Oct. 5. For info and to register--

[www.BirthInternational.com](http://www.BirthInternational.com)

\* \* \*

Register at [www.BabiesRemembered.org](http://www.BabiesRemembered.org)

[info@BabiesRemembered.org](mailto:info@BabiesRemembered.org)

All are open to the public

**Perinatal Loss: Birth Planning, Discharge Meetings, Follow-up**, (Sherokee Ilse, Sue Steen, and Joann O'Leary) Woodwinds Hospital, October 18-19, 2010. 4 CEUs (18<sup>th</sup>) and 7 CEUs (19<sup>th</sup>)

**Perinatal Loss: Birth Planning, Discharge Meetings, Follow-up**, (Sherokee Ilse and Sue Steen) Lutheran Church, St. Louis Park, MN October 21, 2010. 7 CEUs

**Perinatal Loss: Beyond the Basics** (Sherokee Ilse and Sue Steen), Speak Easy, Detroit Lakes, MN, October 28, 2010. 7 CEUs

ISA (Int'l Stillbirth Alliance) & ISIPD (Int'l Society for the Study and Prevention of Infant Death) Conference October 8-10, 2010 Sydney, Australia

PLIDA (Perinatal Loss, Infant Death Alliance) for professionals) Int'l Conference on Perinatal and Infant Death, Nov. 4-7, 2010, Washington, DC  
[www.plida.org](http://www.plida.org)

LAMAZE/ICEA Childbirth Conference, 'Uniting for the Future of Birth', Sept. 30-Oct. 3, 2010 Milwaukee, WI  
[www.lamaze.org](http://www.lamaze.org) or [www.icea.org](http://www.icea.org)

## Abby's Runs

McCarty Park, Milwaukee, WI  
Saturday, October 2, 2010 - 10:00 AM

Pioneer Park, Oulu, WI  
Friday, October 15, 2010 - 6:00 PM

In Memory of Abigail Patricia Mueller  
born still February 28, 2009  
daughter of Jeremy and Mindy Mueller

At each event there will be a 5K run, a 1 mile walk and a Tot Trot for children.

Adults - \$25; Tot Trot - \$5

Registration includes refreshments. Each participant must print and complete the Liability Release form below and bring to the event.

**Proceeds will be used to support the stillbirth research and education efforts of the Star Legacy Foundation, a 501(c)(3) non-profit organization.**

**"Those who say it can't be done  
should stay out of the way of those  
who are doing it."**

~unknown

### **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 \$25.00 for DVD plus s/h.

[www.HelpWhenABabyDies.com](http://www.HelpWhenABabyDies.com)



## Acupuncture Healthcare

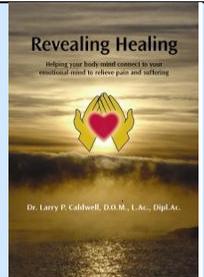
Our mission is to provide you with the time and care you need to bring about your natural healing.

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- Infertility
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- Emotional processing to de-stress
- Revealing Healing...getting your body to reveal emotional pains
- Life patterns which create life ailments

Dr. Caldwell by phone: (952) 930-3633 Hopkins, MN or  
e-mail: [drcaldwell@acupuncturehealthcaremn.com](mailto:drcaldwell@acupuncturehealthcaremn.com)

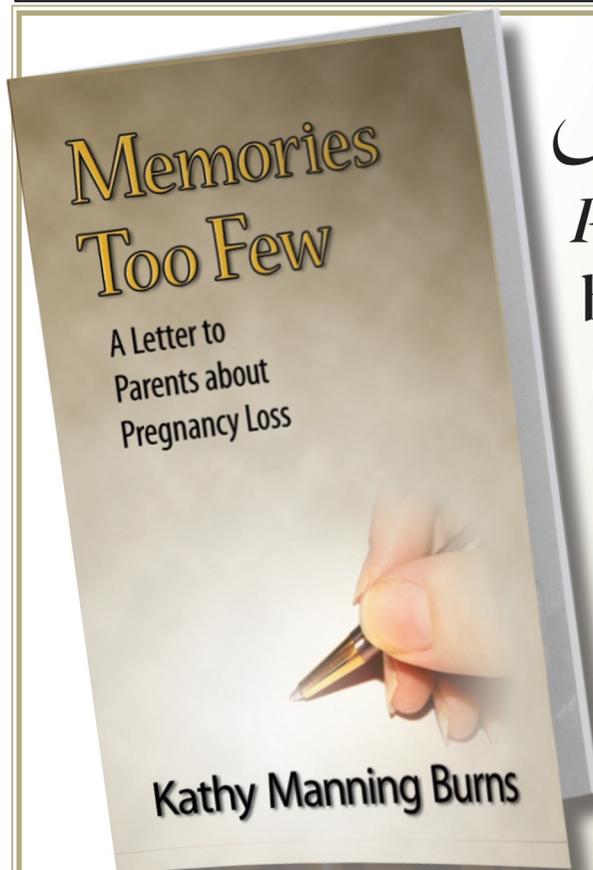
Author of 'Revealing Healing'  
*Helping your body-mind to  
connect to your emotional -mind  
to relieve pain and suffering.*



Dr. Caldwell has developed a system which is based on the premise that you have a life filled with experiences which contribute to your overall health. Together we explore how the unhealthy experiences and emotions affect your body.

Trained in Chinese Medicine including- Chinese Herbology, Nutrition, Exercise, Counseling, Shiatsu, Tai Chi Chuan, Acupuncture...all coming from a Christian perspective.

[Read Dr. Caldwell's article on Healthy Babies on Page 9](#)



## *A New Book for Grieving Parents About Pregnancy Loss by Kathy Manning Burns*

Few people understand the true depths of pregnancy loss. Many treat miscarriage, stillbirth, or newborn death as minor grief. Kathy Burns has written a personal message to parents who have experienced the death of a child during pregnancy.

32 pages \$3.00/each Quantity Discounts Available

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# BOOKS, BOOKLETS, and RESOURCES

## on Subsequent Pregnancy

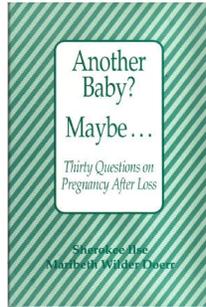
Available from [www. WintergreenPress.com](http://www.WintergreenPress.com)

### Another Baby? Maybe... \$5.00

S. Ilse & M. Doerr

The authors, who have lived through their own losses, answer the most common questions parents have after their loss as they contemplate another pregnancy or become pregnant again. Some are:

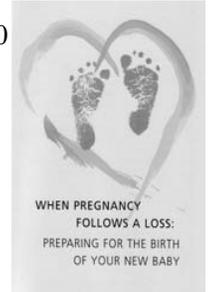
*How long do I wait? Are there things to do to increase my odds of having a healthy baby? Am I high risk? When the baby is born, will I finally be happy again?*



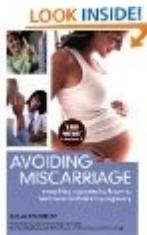
### When Pregnancy Follows a Loss \$10

Joann O'Leary

There are conflicting emotions that arise during a subsequent pregnancy. Embracing the new life while still grieving and parenting the previous child can be confusing. Issues of attachment and over protection can easily surface with the new child. A compilation of families' experiences offer hope and coping advice.

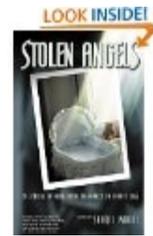


## Other Resources

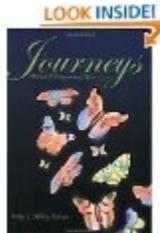


*Avoiding Miscarriage: Everything you Need to Know to Feel More Confident in Pregnancy*, 2006  
Susan Rousset

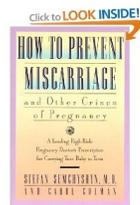
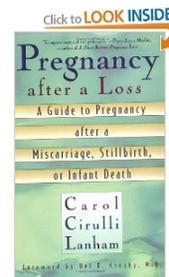
*Stolen Angels, 25 Stories of Hope After Pregnancy or Infant Loss*, Sharee Moore  
2006



*Journeys: Stories of Pregnancy After Loss*  
Amy Abbey

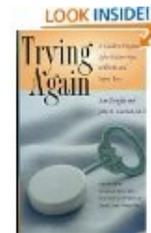


*Pregnancy After a Loss: A Guide to Pregnancy After a Miscarriage, Stillbirth, or Infant death*, Carol Cirulli  
Lanham, 1999

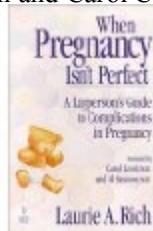


*How to Prevent Miscarriage and Other Crises of Pregnancy: A Leading High-Risk Doctor's Prescription for Carrying Your Baby to Term*, Dr. Stefan Semschshyn and Carol Colman, 1990

*Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss*, Ann Douglas, 2000



*When Pregnancy Isn't Perfect*, Laurie Rich, 1996



*Still to be Born*, Pat Schweibert



A book for children who come after the loss of a sibling



## Other Books and Websites

*Beginning Again*, Debbie Gemmil, 95 Beachcomber, PO 300587, Escondido, CA 92030

*Embracing Laura*, Martha Wegner-Hey

[www.babyloss.com](http://www.babyloss.com) - Online community offering information and support for bereaved parents who have suffered the death of a baby through miscarriage, ectopic pregnancy, intra-uterine death, stillbirth or other types of pregnancy loss.

[www.stillbirthalliance.com](http://www.stillbirthalliance.com) - Research focused with a bereaved parent component.

[www.preginst.com](http://www.preginst.com) - For professionals and parents (be aware there are many clinical pictures of babies who have died) who want to learn more about cord issues and what Dr. Collins is doing to help save babies.

**Subsequent pregnancy support after loss** - [www.spals.com](http://www.spals.com), [www.storknet/cubbies/pailsofhope.com](http://www.storknet/cubbies/pailsofhope.com),  
[www.thelaboroflove.com/forum/loss/anndouglasloss.html](http://www.thelaboroflove.com/forum/loss/anndouglasloss.html), [www.pregnancyafteraloss.com](http://www.pregnancyafteraloss.com)

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*"A child can live through anything, so long as he or she is told the truth and is allowed to share with loved ones the natural feelings people have when they are suffering."*

--Eda LeShan

Read Dr. O'Leary's article on  
Supporting the Siblings, page 15

From the book, **When Pregnancy Follows A Loss**, Joann O'Leary

*"The support group I attended helped me advocate for myself and ask my doctor for more reassurance and a second ultrasound. The group also helped me to start thinking about our son-to-be as a separate person, while still letting me honor my daughter's memory, and to speak openly about the grief I was still feeling so strongly."*

- anonymous

## Introducing BABIES REMEMBERED CONSULTING

- Has turnover, retirement, or budget cuts left your perinatal loss program with gaps?
  - Do you want to analyze your program to find the strengths and areas that need improvement?
  - Do you wish to take your staff and program to a higher level?
  - Does staff need training, inspiration, or rejuvenation?
  - Do you need assessment tools to determine staff competencies?
  - If possible, do you wish every family could have a unique birth plan before delivering or a palliative care plan if the baby will be in the NICU or may day at home?
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### Our Consulting Services

- \* Professional program review, analysis, assessment, and development,
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- \* One-on-one guidance and team sessions. Phone or in person.
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