

Grief & Perinatal Loss Websites

[GriefWatch.com](#)

As part of its mission to the bereaved, Grief Watch and its companion program, Perinatal Loss, publish books, video productions, ceramics and other helpful resources aimed at persons who have suffered loss.

[Share.MarchOfDimes.org](#)

Share Your Story is a March of Dimes website that provides online support for parents who have suffered infant loss, prematurity or have had a child born with a birth defect.

[GriefSpeaks.com](#)

Grief Speaks is an organization that provides tons of resources for bereaved parents, and also presentations and training to schools, hospitals, agencies and conferences on grief, loss and healthy coping. The mission of Grief Speaks is to normalize grief in our "Get over it and move on" society. The vision to give every child, teenager and adult permission to grieve in his or her own way and time, through all different types of losses and transitions.

[October15th.com](#)

The official site of Pregnancy and Infant Loss Remembrance Day offers support, education, and awareness for those who are suffering or may know someone who is suffering the loss of a infant, stillborn, ectopic pregnancy, or miscarriage.

[HopeXchange.com](#)

Coping with the grief of miscarriage, stillbirth or infant death can be one of the most difficult trials in a person's life, and one most of us are unprepared to face. Hope Xchange offers you information, encouragement, support, and most of all hope.

[CenterForLoss.com](#)

Dr. Alan Wolfelt founded the Center for Life and Loss Transition more than 20 years ago to compassionately support both mourners, by walking with them in their unique life journeys, and professional and lay caregivers, by serving as an educational resource and professional forum. Dr. Wolfelt's model of "companioning" versus "treating" people in grief is respected the world over.

[Griefnet.org](#)

General grief resources, contains many links to other sites

[Centering.org](#)

The Centering Corporation is a non-profit organization dedicated to providing education and resources for the bereaved. They publish hundreds of books for children and adults, My Friends Emotion Dolls, a Memory Bag for children, DVDs and caring cards, plus thousands of books and resources from other publishers.

[FacesOfLoss.com](#)

Faces of Loss, Faces of Hope is a place to come together and share your stories and our faces with others who may be looking for reassurance that they are not alone.

[PregnancyJourneysAfterLoss.com](#)

Follows almost a dozen parents from their loss through their subsequent pregnancy; each story is penned by the parent.

[CompassionateFriends.org](#)

Whether your family has had a child die (at any age from any cause), or you are trying to help those who have gone through this life altering experience, The Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process. Through a network of more than 650 chapters with locations in all 50 states, we have been supporting bereaved families after the death of a child for four decades.

[NationalShare.org](#)

SHARE Pregnancy and Infant Loss Support is a not-for-profit nondenominational organization providing support to those whose lives are touched by the tragic death of a baby through early pregnancy loss, stillbirth or newborn death.

[APlaceToRemember.com](#)

Uplifting support materials and resources for those who have been touched by a crisis in pregnancy, or the death of a baby.

[WintergreenPress.org](#)

Babies Remembered is the website of Sherokee Ilse, a bereaved mother who became a pioneer in the area of infant loss. From Sherokee: "There are many practical and time-tested thoughts, ideas, suggestions, resources, and bits of wisdom woven into the site. Many have taught us through the last 3 decades how to do this as well as possible. We hope you will find what you need here. If not, email us and we'll do our best to help."

[BereavementMag.com](#)

Our mission is to offer compassion and hope by providing the most current resources, information and tools for coping with life's losses.

[BabyLoss.com](#)

Provides information and support online for anyone affected by the death of a baby during pregnancy, at birth, or shortly afterwards.

[BabySteps.com](#)

A wonderful website filled with information and memorial opportunities

[BereavedParentsUSA.org](#)

A nationwide organization designed to aid and support bereaved parents and their families who are struggling to survive their grief after the death of a child.

[MISSFoundation.org](#)

An international nonprofit organization which provides immediate and ongoing support to grieving families

[Dougy.org](#)

The Dougy Center provides support and grief resources in a safe place where children, teens, young adults, and their families grieving a death can share their experiences.

[GrievingDads.com](#)

Designed to reach out to all bereaved dads to provide a place to share their stories, and to let society know that it's okay for a father to grieve the loss of a child.

Stillbirth

Stillbirthday.com

If you are miscarrying or found out that your baby is not expected to survive past delivery, the website walks you through a path of informational links specific to your situation.

BornStill.com

The purpose is to promote awareness/prevention of stillborns, to support those parent/families that have experienced the loss of a child, and to learn more through research/resources as well as individual stories on this unspoken topic/issue.

FirstCandle.org

Provides many resources on how to survive stillbirth and also guide you with decisions you need to make during this difficult time.

Stillbirthalliance.org

International Stillbirth Alliance provides research, publications, information, and resources

For Twin Loss

[Death of an Infant Twin](#), This small handout gives emotional support to families when one or more babies in a multiple birth do not survive.

[Living Without Your Twin](#) by Betty Jean Case

Betty Jean is a twin, grew up with twin siblings, and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also explores the uniqueness of twin loss

[Twin Loss](#), Dr. Raymond W. Brandt

A twinless twin himself and the founder of the Twinless Twins Support Group. He is considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.

[We are Twins, But Who Am I?](#) by Betty Jean Case

While most people begin life as separate human beings & must learn intimacy, twins are born into intimacy & must learn how to find separateness. In doing research for this book, Betty Jean Case questioned more than 800 twins on subjects as varied as love, marriage, education, & ESP. Being a twin herself, Betty Jean Case has been able to express the struggle for identity from a twin's perspective.

Remembrance & Memorial

GriefWatch.com

Books, keepsakes, urns, cards and specialty items for infant and pregnancy loss.

MollyBears.com

An organization started by a bereaved mother that offers weighted teddy bears to bereaved parents.

EVRMemories.com

Cremation jewelry, memorial jewelry, photo-engraved jewelry and cremation urns

PortraitsByDana.com

Dana is an artist that captures the essence of our angels in her work. For a beautiful memorial portrait please check out her website.

MyForeverChild.com

These sympathy gift items are specially created for remembrance of a precious baby lost to miscarriage, stillbirth, pregnancy loss, newborn and infant death

October15.com

Remembering Our Babies provides keepsakes for those who have had any type of Pregnancy and Infant Loss. You can purchase items with the blue and pink awareness ribbon.

LaBelleDame.com

La Belle Dame's meaningful and heartfelt line of Miscarriage Memorial Jewelry was created to help grieving mothers to heal from the loss of their baby to miscarriage, pregnancy loss and death during infancy. Created by a mother who has lost a baby of her own, you can be assured of compassionate customer care and our devotion to detail in honoring the life of a baby gone too soon.

APlaceToRemember.com

An online store specializing in crisis pregnancy and pregnancy and infant loss, offering books, cards, specialty/ gift items and memorial/funeral items.

ButterflyFootprints.com

A site that makes butterfly prints from your baby's footprints for \$10. They do offer generic footprints if you did not receive any of your child.

OurHopePlace.com

Offering "bracelets of hope" to provide comfort following a miscarriage or pregnancy loss.

PerfectMemorials.com

Choose from a variety of products such as cremation urns, cremation jewelry, caskets and other sympathy gifts. Many of our products are uniquely crafted by skilled artisans, representing the uniqueness of our loved ones.

MemorialButterfly.com

At Memorial Butterfly we supply live Monarch Butterflies for release at Memorial Services, Celebration of Life Services, burial ceremonies, backyard memorials and other "Life-Changing" events. A Live Monarch Butterfly release represents the ultimate symbol of change, transformation and beauty. Releasing live butterflies for a loved-one is a unique way to honor and remember them.

TheComfortCompany.net

These gifts of sympathy have been selectively chosen to be comfort gifts for those who have experienced miscarriage, the death of an infant or loss of a child. Each gift is designed for its unique remembrance qualities.

SympathySolutions.com

Unique and comforting sympathy gifts will long be remembered as thoughtful and caring; has a section on infant loss

PersonalCreations.com

Personalized sympathy gifts to help you to express how you feel

RusticStone.net

Memorialize your Angel with a personalized memorial stone or garden paving stone

GiftsForYouNow.com

Memorial and sympathy gifts

SkyBlueDesigns.com

Pregnancy and Infant Loss Awareness, Swarovski Crystal and Sterling Silver Memorial Butterfly Birthstone Earrings

JacquisPremiePride.com

Offers burial clothing

Sobbs.Goodsie.com

Mom of an Angel website offers t-shirts, personalized dog tags, car decals, and awareness bands for purchase.

SueEllaSignatureDesigns.blogspot.com

Offering bereavement jewelry and lockets; specializing in handprint and footprint jewelry.

ALossRemembered.com

A unique line a cards designed to acknowledge the anniversary of your child's death

LostForWordsCardsOnline.com

A line of cards specializing in pregnancy loss, infant loss and infertility.

CarlasAngels.com

Offering handmade, custom remembrance and awareness pins.

MiscarriageBlankets.blogspot.com

Offering handmade blankets and memorial items.

RememberMePremies.com

Custom, handmade dolls that are made in the weight and length of of your baby.

My-Tangible-Peace.blogspot.com

Providing original, one of a kind, hand sculpted Newborn & Early Gestation Art Dolls to be a keepsake to honor your angel.

NelleAndLizzy.com

Offering personalized, custom jewelry.(Use coupon code Solace10 and 10% of your purchase will be donated to The Solace Foundation.)

FransCandles.com

Offers customized memorial candles

CraftEFamily.com

Offers memorial blocks

BabyLossComfort.com

Healing Hearts Baby Loss Comfort products were designed to naturally address the physical symptoms of the postpartum bereaved mother.

BOOKS

For Miscarriage & Stillbirth

Miscarriage--Women Sharing from the Heart by Marie Allen, Ph.D. & Shelly Marks, M.S.

This candid and poignant book helps you understand and work through your deepest feelings and concerns and, most importantly, reassures you that you aren't alone. The authors offer: support, empathy, and a clear path towards healing; the personal stories of 100 women talking about their miscarriage experiences; interviews with fathers on how they have been affected; helpful advice for partners, family members, and health care professionals

All That is Seen and Unseen by Elizabeth Petrucelli

All That is Seen and Unseen takes you on a journey through the heart-wrenching experience of losing a child in the first trimester. This loss is typically brushed aside and many women remain silent. They are often left to grieve alone due to society's opinion that a loss this early doesn't matter.

Too Soon a Memory...a Guide For Parents Suffering Miscarriage by Pat Schweibert, R.N.

A helpful guide for parents suffering a miscarriage or early pregnancy loss. Written in the style of When Hello Means Goodbye, this sensitive booklet gives practical information for a couple facing grief following a miscarriage. This booklet will validate those who will be deeply affected by the loss, as well as those who will move quickly through their grief. Helpful medical information and grieving tips are included.

When Hello Means Goodbye by Pat Schweibert, R.N. & Paul Kirk, M.D.

A guide for parents whose child dies before birth, at birth or shortly after birth. This sensitive booklet is a help to families during the early days of their grief. It helps answer questions and prepare parents for the days ahead. It can be given to parents at the first acknowledgment of their baby's death to help them best use the short time they'll have with their little one. Among topics covered are: collecting keepsakes; ways to celebrate the birth and death of a baby; reasons for seeing, holding and naming a dead baby; emotions common to bereaved parents; information about autopsies; where to find help; and the unique situations of fathers, siblings, and grandparents. Contains beautiful poetry.

The Ache for a Child by Debra Bridwell

To anyone living with the daily ache of infertility, Debra Bridwell offers encouragement and biblical direction. Bridwell writes candidly of her struggle to have children, the cycle of hope and grief, and the sorrow of pregnancy loss. The Ache for a Child also offers insights for those who ache with the infertile couple.

Love Letters to Miscarried Moms by Samantha Evans

The story of one mom's journey from the excitement of pregnancy to the devastation (with all the 'grotesque details') of a miscarriage. Through the entire book the author shares love, hope, and proof that she walks 'with her Savior every step of the way.'

Miscarriage: A Shattered Dream by Sherokee Ilse & Linda Hammer Burns

Offers a comprehensive and insightful perspective on possible causes, medical terminology, choices and decisions, emotional aspects, coping suggestions, choices for the future, and resources for families experiencing a miscarriage. Those who have suffered a miscarriage will find emotional and medical support that far surpasses any other book on this subject

To Full Term: A Mother's Triumph Over Miscarriage by Darci Klein

A gripping memoir of pregnancy with her son Sam and her struggle to give her baby a fighting chance. From refusing to accept outmoded obstetric guidelines to going head-to-head with stubborn medical professionals, to

overcoming her fears, Darci faced each challenge to achieve her goal. What she learned on her journey about defending her own reproductive health and coping with the emotional strain of high-risk pregnancy will empower any woman who wants to do all she can to have a full-term, healthy baby.

After Miscarriage: Medical Facts and Emotional Support for Pregnancy Loss by Krissi Danielsson
Excellent medical descriptions and explanations along with the author's personal story woven throughout.

Empty Cradle, Broken Heart- Surviving the Death of Your Baby by Deborah L. Davis, Ph.D.

A purpose of this book is to let bereaved parents know that they are not alone in their grief. With factual information and the words and insights of other bereaved parents, you can establish realistic expectations for your grief. *Empty Cradle, Broken Heart* is meant to help you through these difficult experiences by giving you things to think about, providing suggestions for coping and encouraging you to do what *you* need to survive your baby's death. Whether your baby dies recently or long ago, this information can be useful to you.

Unspeakable Losses: Healing from Miscarriage, Abortion and Other Pregnancy Loss

by Kim Kluger-Bell

For those who have suffered a miscarriage or stillbirth--or those who have elected to terminate a pregnancy--the experience has all too often been minimized and misunderstood. According to author and psychotherapist Kim Kluger-Bell, pregnancy loss can be described with one word: *unspeakable*. In this remarkable and moving psychological study, Kluger-Bell examines the "shadow side" of being pregnant--the unspoken grief of losing a pregnancy before birth through miscarriage, abortion, or stillbirth.

Still to be Born by Pat Schweibert, R.N. & Paul Kirk

This book begins where *When Hello Means Goodbye* ends. It addresses the needs of the couple who are still longing for a baby, but afraid of being hurt again by another loss. Among the many topics covered in this book are: Why mourn the loss of someone you never knew? How soon should you attempt another pregnancy? What kind of feelings do most women have during another pregnancy? How will older siblings respond to another pregnancy? What are the chances of the same thing happening again? What tests will help assess and promote fetal well-being?

A Silent Sorrow: Pregnancy Loss by Perry-Lynn Moffitt

A Silent Sorrow has long been considered the "bible" for families seeking emotional and practical support after a pregnancy loss. Well organized, easily accessible, and filled with practical suggestions for each topic it covers, A Silent Sorrow is a positive first step for bereaved parents and their families, providing support and guidance to help resolve the grief and enable them to look to the future with hope.

They Were Still Born: Personal Stories about Stillbirth by Janel Atlas

In 2006, Janel Atlas became one of those mothers who left the hospital with empty arms; her second daughter, Beatrice Dianne, was stillborn at 36 weeks. Reaching out for comfort, she realized a dire need shared by so many others like her, and so was born a collection of new essays by writers each sharing their firsthand experiences with stillbirth. Atlas includes selections not only from mothers but also fathers and grandparents, all of whom have intimate stories to share with readers. In addition, there are selections that answer many of the medical questions families have in the wake of a stillbirth and that offer the latest research on this devastating loss and how it might be prevented. Grieving parents will find in these pages the comfort of knowing they are not alone on this painful path, validation of their babies' lives, and guidance from those who have suffered this tragedy. In addition, *They Were Still Born* both inspires and shows readers how to honor and remember their own babies and stories of loss.

I Will Hold You In My Heart Forever - A Baby Book for Little Angels by Michelle Murray

The original baby book created in 1898 by C.R. Gibson celebrated one of life's most cherished moments, the birth of a new baby. Forever Heart Publishing is proud to announce the publication of a very special memory book dedicated to those babies whose lives have ended too soon. The book provides families who have suffered

the loss of a baby whether through miscarriage, stillbirth or infant death, the opportunity to create a baby book tailored specifically to their own situation.

Empty Arms: Coping After Miscarriage, Stillbirth and Infant Death *by Sherokee Ilse*

Surviving the First Hours and Beyond Revised and updated! This classic book is one of the first given to newly bereaved parents to offer guidance in decision-making after their baby's death and to assist caregivers as they support families. Empty Arms encourages families to meet their babies and say hello before rushing to say goodbye. With compassion that comes from Sherokee and David's experience of having lived through the death of their son Brennan, the book offers guidance and practical suggestions for the decision-making at the time (including why and how one might see, hold, and memorialize one's baby) and over time (such as how to handle such times as anniversaries, holidays and the birth of other babies in the parents' close circle.)

After Finley *by Mel Scott*

In the UK alone, seventeen babies are stillborn or die shortly after birth every single day. But what does it feel like to lose a child you never really met? How do people cope with a loss like that? Shrouded by fear and taboo, the stories of these babies and their parents rarely if ever get heard. Speaking up loud and clear about her own son Finley and the challenging months following his birth, Mel Scott presents a warts-and-all account of life after the loss of a baby. Frank, insightful and moving, After Finley is an unexpectedly captivating book that gets right to the heart of the meaning of love.

Grief is... Mourning Sickness *by Jan Luther*

For immediate relief from the pain of grief. Whether you have lost a loved one, a family pet or your retirement funds, life brings loss and grief. In this insightful new book Jan Luther, EFT Master and Holistic Life Skills Coach, "walks with you" through the shock and confusion and helps you find answers, peace and clarity. Drawing upon the many losses from her own life, including the loss of her 22 year old son in 2006, Jan brings her gentle understanding and her graceful wisdom to bear as she empowers you with hope, patience and specific instructions for reassembling your life after loss.

The Worst Loss: How Families Heal From the Loss of a Child *by Barbara Rosof*

The death of a child is like no other loss. The Worst Loss will help families who have experienced this to know what they are facing, understand what they are feeling, and appreciate their own needs and timetables.

Tear Soup: A Recipe for Healing After Loss *by Grief Watch*

Grief Watch is a family story book that centers around an old and somewhat wise woman, Grandy. Grandy has just suffered a big loss in her life and so she is headed to the kitchen to make a special batch of Tear Soup. To season her soup Grandy adds memories like the good times and the bad times, the silly and the sad times. She does not want to forget even one precious memory of her loss.

Hope is Like the Sun *by Lisa Church*

Coping with miscarriage or infant death can be one of the most difficult trials in a person's life, and one most of us are unprepared to face. Follow the author and four of her friends as they navigate the difficult journey through pregnancy loss.

I'll Hold You In Heaven: Healing and Hope for the Parent Who has Lost a Child through Miscarriage, Stillbirth, Abortion or Early Infant Death *by Jack W. Hayford*

Provides compassionate answers to troubling questions such as, What happened to my baby after it died? Will I ever see my baby again—and will I recognize him? What happens if I've had an abortion? Offers 'the freeing truth of the word of God promises that you will hold your child again in heaven.

An Exact Replica of a Figment of My Imagination: A Memoir

Written by a novelist who found out in her ninth month of pregnancy that her baby boy had died. Written with humor and warmth and unflinching generosity.

An Empty Cradle - A Full Heart by Christine O'Keeffe Lafser

Good for the first year or so following the death of a baby.

From Sorrow to Serenity by Susan Fletcher

Biblical daily affirmations to support families whose baby has died

Grieving the Child I Never Knew by Kathie Wunnenberg

The anticipation of a child's birth turns into the grief of miscarriage, tubal pregnancy, stillbirth, or early infant death...no words on earth can ease your loss. But there is strength and encouragement in the wisdom of others who have been there and found that God's comfort is real. Scripture, prayer, space for journaling.

Helping you Cope and Recover from the Loss of a Baby by Sophie Keller

A downloadable handbook and guide features written exercises and guided meditation. (www.healingmiscarriage.com)

Holding On to Hope: A Pathway through Suffering to the Heart of God by Nancy Guthrie

Offers an uplifting perspective, not only for those experiencing monumental loss, but for anyone going through difficulty and failure. Includes a study section for readers who want to dig deeper into what the Bible says about dealing with suffering and grief.

Life Touches Life: A Mother's Story of Stillbirth and Healing by Lorraine Ash

“A friend sent this to me as soon as she found out about our daughter. It really helped me to start the healing process.” “Good for moms, dads, or anyone touched by stillbirth. I read it soon after my loss and I believe it helped point me in the right direction about grieving.”

Silent Grief by Claire Hinton

A book to encourage and give hope to the heart of any parent grieving the loss of a child; helps with feelings of aloneness, to know that someone truly cares.

They Were Still Born

Story after stories are told by moms, dads, and grandparents – many are well-known authors and stillbirth advocates. The book also has a significant section on stillbirth causes and prevention including emerging research - on cord/placenta problems, fetal growth restriction, infection, decreased movement/kick counting, and more.

Help, Comfort and Hope after Losing Your Baby in Pregnancy or the First Year

by Hannah Lothrop

Excerpt: A restlessness lingered on that stemmed from unfinished business—something that could never really be “solved.” We need concrete memories of our child—what she looked like, what was special about her, what effect she had on us. To have touched and held her in our arms—or in our hands if she is very small—and maybe even bathed and dressed her will create impressions that will remain in our hearts forever. Our baby will thus be able to take her place in our lives and in our family. Despite her death, this way no “dark spot” will remain to churn around deep inside, seeking to be brought to light. You’ll need time to really be able to register your child’s uniqueness. It is healing for you to talk with him, to tell him everything that you feel from deep in your heart. To have been able to experience your child, to whatever extent possible, will bring you peace.

The Anguish of Loss by Julie Fritsch & Sherokee Ilse

A beautiful book of sculptures and prose that shares the emotional journey of the loss of a child. Also available as a DVD with music to be used at support meetings and professional trainings

Still: A collection of artwork and writings from the heart of a grieving mother by Stephanie Paige Cole

The author uses creative expression as a tool to navigate her way through the intensity of her emotions, and allowing herself to grieve honestly and on her own terms, inviting the reader in for an intimate look at that first dark year without her daughter.

Understanding Grief: Helping Yourself Heal by Alan D. Wolfelt, Ph.D.

This classic resource helps guide the bereaved person through the loss of a loved one, and provides an opportunity to learn to live with and work through the personal grief process.

For Special Situations

The SIDS Survival Guide by Joani Horchler and Robin Morris

Poems, letters, diary entries, and essays written by parents, grandparents, professional counselors, siblings, friends, and babysitters – all discuss their personal experiences in confronting SIDS

Single Parent Grief by Sherokee Ilse

For teens or a more mature parent, this resource explores the special grief of single parents who have no steady partner. Suggestions and information offer hope, a good resource section included

A Gift of Time: Continuing Your Pregnancy When Your Baby's Life is Expected to be Brief

by Amy Kuebelbeck & Deborah L. Davis

A gentle and practical guide for parents who decide to continue their pregnancy knowing that their baby's life will be brief. Also gives inspiration and reassurance through the memories of numerous parents who have loved a child who did not survive. Their moving experiences are stories of grief—and of hope. Their anguish over the prenatal diagnosis turns to joy and love during the birth of their child and to gratitude and peace when reflecting on their baby's short life. Full of practical suggestions for parents and for caregivers, Features the innovative concept of perinatal hospice and palliative care.

Mourning Sarah: A Case for Testing Group B Strep by Theresa Vigour

Sarah didn't need to die. If Theresa had been tested and treated for Group B Strep, Sarah probably would have lived. The story is compelling and poignant.

Precious Lives, Painful Choices: A Prenatal Decision-making Guide by Sherokee Ilse

This sensitive book offers a comprehensive discussion of the options available to prospective parents after hearing bad results from prenatal testing. The pros and cons of termination and carrying the pregnancy are presented in a non-judgmental way, offering families information and reassurance that they must do what is right for themselves. Excellent resource list and bibliography. Families are encouraged to read this guide in their decision-making process, before they make a permanent choice. This guide needs to be shared with families the minute they learn of the bad news, along with the humane care and good medical information from their care providers.

This Little While by Joy and Dr. S.M. Johnson

Before giving birth as it talks about things to do, for mothers/fathers/grandparents.

Waiting with Gabriel: A Story of Cherishing a Baby's Brief Life by Amy Kuebelbeck

Shares this family's journey through a pregnancy with a fatal diagnosis and the beautiful way they chose to view their time with their son Gabriel as a precious gift.

For the Love of Angela by Nancy Mayer-Whittington

Nancy shares her story of continuing her pregnancy with her daughter who had Trisomy 18 which usually results in death before or shortly after birth

Hannah's Gift by Maria Housden

Hannah's Gift tells the story of Hannah Catherine Martell, a young girl who was diagnosed with a Rhabdoid tumor of the kidney, a rare and aggressive form of cancer, at age two and died at age three. The author, Maria Housden, is Hannah's mother, and the book documents her struggle to come to terms with her daughter's sickness and inevitable death while making changes in her own life.

Comfort: A Journey Through Grief by Ann Hood

A moving and remarkable memoir about the sudden death of a daughter, surviving grief, and learning to love again. Ann Hood's 5 year old daughter Grace died suddenly from a virulent form of strep throat. Stunned and devastated, the family searched for comfort in a time when none seemed possible.

For Family & Friends

What Family and Friends Can Do by Sherokee Ilse

Available through the Grief Watch website, this expanded excerpt adapted from Empty Arms gives suggestions for family and friends to better understand themselves and offer support to bereaved parents following a miscarriage, stillbirth or infant death.

A Grandparent's Sorrow by Pat Schweibert, R.N

When a family suffers the loss of an infant, before, after or during childbirth, grandparents suffer a double loss. Your child is grieving and so are you. Included in this booklet are suggestions on how grandparents can help themselves as they grieve, how to better understand their child during this difficult time, and how to hold close the precious memory of their grandchild. Included in the back of this booklet is a bereavement resource guide.

How to Say it When You Don't Know What to Say: The Right Words For Difficult Times

by Robbie Miller Caplan

Provides insight into the process of grief and offers practical advice on how to be a comfort to others. With specific discussion on a variety of difficult experiences – ranging from illness, death, suicide, miscarriage, job loss, separation, divorce, crime, financial setbacks, legal problems, caregiver responsibilities, pet loss, infertility, physical disability, and adoption to natural disasters – it also includes resources and advice from experts and individuals whose words of wisdom can guide you through these difficult experiences.

When Your Friend's Child Dies: A Guide to Being a Thoughtful and Caring Friend

by Julane Grant

Most people don't realize how many people they know who have lost a child. After a few years most parents don't bring it up, certainly not because they have forgotten, but because friends and acquaintances either become embarrassed or change the subject. And this hurts! This book was written for the friends and family of a grieving parent but it is also a validation of feelings for bereaved parents. I suggest they leave it on the coffee table for their friends to pick-up, borrow and learn from.

A Silent Sorrow by Ingrid Kohn

For after birth, for mothers, fathers, and grandmothers

For Men

Swallowed By A Snake by Thomas R. Golden

Discover new and powerful ways to heal, how the genders differ in their healing, greater understanding between partners, examples of successful and unique healing strategies, new ways to understand your grief, and ways the individual's loss can impact the entire family.

Strong and Tender by Pat Schwiebert (Griefwatch)

A book especially for fathers, this is a collection of insights, helpful hints and tender thoughts to give a father strength during the dark times of grief following his baby's death. For too long fathers have been the forgotten grievers. By giving him this special book you tell him you also recognize his loss.

When Men Grieve by Elizabeth Levang

This title explains how both men and their loved one can better cope with feelings of loss. Throughout the book, eleven men share their personal stories of tragedy. Each essay is followed by gentle advice on how men can learn to communicate their feelings, get beyond denial, avoid falling into addictive behaviors, and overcome their anger, bitterness, and sense of helplessness. Women can use this book to learn how to effectively respond (rather than react) to the behaviors men show during the grieving process.

A Guide For Fathers: When A Baby Dies by Tim Nelson

This pocket sized book is for men who experience the death of their infant child -- whether it be miscarriage, stillbirth or early infant death. Meant to be a guide during the early hours and days after finding out the news of their baby's death, the book offers suggestions for communicating with medical caregivers, offering support to their partner, telling the news to other children, making funeral arrangements and taking care of themselves in a time of crisis. It goes on to talk about effective communications during the weeks and months following the loss, going to a support group, returning to the workplace, and the issues surrounding a subsequent pregnancy.

Healing A Father's Grief (www.compassionatefriends.org) Short booklet.

Grieving Dads: To the Brink and Back by Kelly Farley and David Dicola (www.GrievingDads.com)

Men Don't Cry, Women Do by T.L. Martin, K.J.Doka, Brunner

Looks at the ways that men and women differ in expression of grief, and proposes the framework of instrumental and intuitive grieving styles.

For Couples

Couple Communication After a Baby Dies: Differing Perspectives by Sherokee Ilse & Tim Nelson

Practical advice, wise suggestions to ponder, stories that inspire couples to talk and encourage understanding of each other's unique coping styles. A helpful and unique book that includes Tim and Monica and David and Sherokee's journey and lessons.

For Better or Worse: For Couples Whose Child Has Died by Maribeth Wilder Doerr

For strengthening marriages after a child dies. Looks at gender grief, building your relationship after your child dies, how to help each other heal; includes a grief chat.

For Siblings/Children

[Someone Came Before You](#) by Pat Schweibert

There are books for children to help them when the baby they are waiting for dies. And now there is a book for the child who comes after the one who died. It is a perfect gift just for them. It explains in a gentle way the parents' desire for a child and the sadness that comes over them when that baby dies. It then shares how the parents, with the help of the baby, get to the point of wanting another child to come into their lives. The illustrator, Taylor Bills, who has an extraordinary gift of capturing feelings in his drawings that tell the story beyond words. Includes suggestions about keeping your baby's memory alive.

[Something Happened](#) by Cathy Blanford

This beautifully illustrated, simple, clear story is designed to help a young child understand what has happened when there has been a pregnancy loss. The book addresses the sadness that a child experiences when the anticipated baby has died. The child's fears and feelings of guilt are addressed as well as other confusing feelings. Perhaps most important, the book includes the family's experience of going on with life while always remembering their baby. The child reading the book is left with a sense of reassurance that life continues and he is still a vital part of a loving family. Most pages include a box with words for parents. These words are there to help parents understand what their child might be experiencing and why the particular illustrations and text were chosen. They are right there on each page so that the parents don't miss them and can easily scan them while their children look at the illustrations. Children who have experienced a death in their family are very reassured by stories of other children who have had a similar experience. It helps them to understand better what has happened in their own family while at the same time offering the comforting knowledge that they are not alone in their feelings.

[Help Me Say Goodbye: Activities for Helping Kids Cope When A Special Person Dies](#)

by Janis Silverman

When someone they love dies or becomes terminally ill, children need help coping with grief and finding ways to remember and honor their special someone. This art therapy book encourages children to express their feelings in words or pictures, helping them deal with their feelings.

[No New Baby: For Siblings Who Have a Brother or Sister Die Before Birth](#)

by Marilyn Gryte and Kristi McClendon

For siblings who have a brother or sister die before birth. This storybook talks about the different feelings children have and answers some of the most asked questions. Recently revised, includes a section for parents and grandparents.

[Where's Jess: For Children Who Have a Brother or Sister Die](#) by Marvin Johnson

Illustrated by Paris Sieff, age 8. Simple and easy for children to understand. For siblings who had baby at home. Ages 3-6

[The Invisible String](#) by Patrice Karst

Specifically written to address children's fear of being apart from the ones they love, *The Invisible String* delivers a particularly compelling message in today's uncertain times that though we may be separated from the ones we care for, whether through anger, or distance or even death, love is the unending connection that binds us all, and, by extension, ultimately binds every person on the planet to everyone else. Parents and children everywhere who are looking for reassurance and reaffirmation of the transcendent power of love, to bind, connect and comfort us through those inevitable times when life challenges us!

[Where Are You? A Child's Book About Loss](#) by Laura Olivieri

Where Are You: A Child's Book About Loss is a kind and supportive text with beautiful illustrations designed to help children of all ages cope with the loss of a loved one. It is created with love and care so that even the youngest readers will find comfort during this stressful and difficult time.

Lifetimes: The Beautiful Way to Explain Death to Children *by Bryan Mellonie & Robert Ingpen*

Lifetimes is a moving book for children of all ages, even parents too. It lets us explain life and death in a sensitive, caring, beautiful way. *Lifetimes* tells us about beginnings. And about endings. And about living in between. With large, wonderful illustrations, it tells about plants. About animals. About people. It tells that dying is as much a part of living as being born. It helps us to remember. It helps us to understand.

Gentle Willow: A Story for Children About Dying *by Joyce C. Mills*

Written for children who may not survive their illness or for the children who know them, the second edition of this tender and touching tale helps address feelings of disbelief, anger, and sadness, along with love and compassion.

A Child's View of Grief *by Alan Wolfelt, Ph.D.*

In this informative, easy-to-read booklet, Dr. Wolfelt explains how children and adolescents grieve after someone loved dies and offers helping guidelines for caregiving adults. An excellent, concise resource for parents of grieving kids.

The Fall of Freddie the Leaf *by Leo Buscaglia, Ph.D.*

A classic. As Freddie experiences the changing seasons along with his companion leaves, he learns that death is part of life.

I Miss You: A First Look at Death *by Pat Thomas*

When a close friend or family member dies, it can be difficult for children to express their feelings. This book helps boys and girls understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death. Titles in this sensitively presented series explore the dynamics of various relationships experienced by children of preschool through early school age. Kids are encouraged to understand personal feelings and social problems as a first step in dealing with them. Written by psychotherapist and counselor Pat Thomas, these books promote positive interaction among children, parents, and teachers. The story lines are simple and direct--easily accessible to younger children. There are full-color illustrations on every page.

Sad Isn't Bad: A Good-Grief Guidbook for Kids Dealing with Loss *by Michaelene Mundy*

Sad Isn't Bad offers children of all ages a comforting, realistic look at loss--loaded with positive, life-affirming helps for coping with loss as a child. It's a book that promotes honest and healthy grief--and growth.

A Letter from Heaven *by Steve Butler*

Jamie was still little when he asked his mommy who Alexandra was. He learned that she was his older sister who died before he was born and now lives in Heaven. This book for 3-8 year olds eloquently tells the story of death, grief, and new life in a practical manner.

Mommy, Please Don't Cry *by Linda DeYamaz*

"Gorgeous artwork by Laurie Snow Hein. This book is written from the child's perspective as he/she shares what it's like in heaven. Very touching and comforting...one of my personal favorites. Great gift book for mom. I love to think of my little ones experiencing the joys and wonder of heaven until we meet again."

My Brother...He's An Angel *by Savannah Leyde*

A little boy waiting for the birth of his baby brother finds out the baby has died. This short children's story tells of feelings, holidays, creating memories, planting trees, and that his brother is safe in Jesus' arms.

[We Were Going to Have a Baby But We Had an Angel Instead](#) by Pat Schweibert

From a Reader: "When I lost my severely premature son earlier this summer, I was frustrated trying to find a book for my four year old that would help him understand what had happened -- and then I found this book. It is gentle and simple and so utterly perfect, whether your baby died in utero or shortly after birth. It takes such a difficult topic and puts it in words (and beautiful illustrations) that children can understand."

For Subsequent Pregnancy

[Another Baby-Maybe...30 Most Frequently Asked Subsequent Pregnancies](#)

by Sherokee Ilse and Maribeth Doerr

Suggestions, advice, and a bibliography make this booklet a must. Good for parents who are pregnant again after a loss or who are thinking about becoming pregnant again or are pregnant again.

[Journeys: Stories of Pregnancy After Loss](#), by Amy Abbey

Abbey as author and editor, has gathered the stories of almost a dozen families, and shares how the families coped with loss and went on to have successful pregnancies.

[Pregnancy After a Loss: A Guide to Pregnancy After a Miscarriage, Stillbirth, or Infant Death](#), by Carol Cirulli Lanham

[Rainbows and Redemption](#), is a free e-book devotional to encourage you on the journey of Pregnancy After Loss. Written by ten women who have walked the path of a subsequent pregnancy, this devotional will encourage you with weekly devotionals (one for each week of pregnancy) exploring the areas of faith, fear, joy, and sorrow against the backdrop of the often tumultuous time of expecting a baby after a loss. Downloadable from the website (www.rainbowsandredemption.weebly.com)

[Journeys: Stories of Pregnancy After Loss](#) by Amy L. Abbey

There is a little recognized reality that many pregnancies end in predelivery death in utero. There are numerous reasons for such tragedies, but often the loss is unexplainable. Amy L. Abbey as author and editor, has gathered the stories of almost a dozen families, and shares how the families coped with loss and went on to have successful pregnancies.

[Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss](#)

by Ann Douglas & John R. Sussman

Trying Again lessens the uncertainties about pregnancy after miscarriage, stillbirth, or infant loss by providing the facts to help you determine if you and your partner are emotionally ready for another pregnancy. It also imparts essential advice about preparing and planning for another baby when you decide the time is right.

[Pregnancy After a Loss: A Guide to Pregnancy After a Miscarriage, Stillbirth, or Infant Death](#) by Carol Cirulli Lanham

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[When Pregnancy Follows a Loss](#), by Joann O'Leary & Claire Thorwick

Addresses the conflicting emotions of living through another pregnancy and shares many families' stories.
Talks about the importance of being the parent of the baby who died which directly affects the new parenting of the new baby.

Dear Cheynne: A Journey into Grief, by Joanne Cacciatore

Offers a pregnancy journal including the death of the baby, self-help skills, couples, poetry, and more