

# **PREGNANCY AND INFANT LOSS RESOURCES\***

To access links in this document, see [www.emfgp.org/resources/](http://www.emfgp.org/resources/)

## **Reflections for Families and Professionals**

(From the Archdiocese of Dubuque, IA)

Prayerful reflections are available below for those who have been affected by miscarriage, stillbirth, infant loss, or a life-limiting prenatal diagnosis. These reflections allow people, at their own pace, to sit and reflect on what they are experiencing. Reflections for mothers, fathers, couples, siblings (both older and younger), grandparents, medical professionals, and ministers may be accessed and downloaded below under each category.

[\*Reflections for After Miscarriage\*](#)

[\*Reflections for After Stillbirth\*](#)

[\*Reflections for After Infant Loss\*](#)

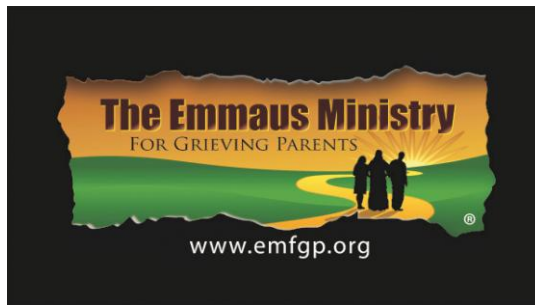
[\*Reflections for After a Life-Limiting Prenatal Diagnosis\*](#)

[\*Reflections for Medical Professionals and Ministers\*](#)

[\*Reflexiones en Español\*](#)

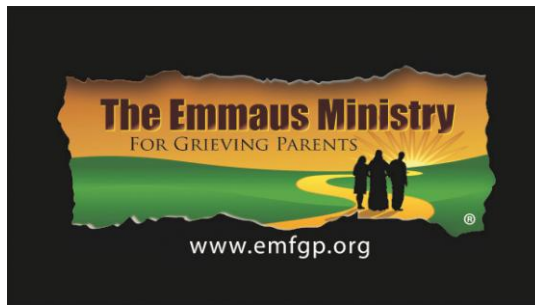
## **Catholic Blessings and Rituals**

- ❖ [Blessing of Parents After Miscarriage or Stillbirth](#)
- ❖ [Order for the Naming and Commendation of an Infant Who Died Before Birth – Archdiocese of St. Louis](#)
- ❖ [Naming Ceremony of a Child Lost to Miscarriage or Stillbirth – Diocese of Fargo](#)



## Catholic and Christian Resources

- ❖ [Emmaus Ministry for Grieving Parents](#)
  - A Catholic ministry serving the spiritual needs of parents whose children of any age (from conception to old age), who have died by any cause, no matter how long ago. Open to grieving parents of any religion.
- ❖ [Morning Light Ministry](#)
  - A Catholic ministry for mothers and fathers who have experienced the death of their baby. Also welcomes bereaved parents of other Christian denominations, other faiths, and of no religious affiliation who are struggling with the very notion of faith.
- ❖ [All Embrace](#)
  - For families who have lost a baby. Provides resources and education to extended family, friends, religious leaders, medical personnel, and volunteers.
- ❖ [Catholic Miscarriage Support](#)
  - Practical and spiritual support for Catholics who have lost a child to miscarriage.
- ❖ [Prenatal Partners for Life](#)
  - Provides families (either expecting or those who have had a child with special needs, health issues, or a life limiting condition) with the support, information, and encouragement they need to make informed decisions involving their child's care Also strives to educate the world about the unique blessings that special needs children are—that they are unique gifts from God, who have a special purpose in life that only they can fulfill...that they are made in God's image, and that He has a plan and a purpose for every life He creates, no matter how long or short that life may be.
- ❖ [Lost Innocents](#)
  - Practical help for miscarriage from an Orthodox Christian perspective.



❖ [Elizabeth Ministry](#)

- Online and in person support through mentoring, consultations, programs, conferences, retreats, and other activities. Focuses on issues related to relationships, sexuality, and childbearing.

❖ [The Apostolate of Hannah's Tears](#)

- Offers prayer, support, and comfort to the brokenhearted who suffer the pains of infertility at any stage of life, difficult pregnancy, miscarriage, stillbirth, the loss of a child and the adoption process.

❖ [Sufficient Grace Ministries](#)

- Perinatal hospice support for families receiving a life-limiting diagnosis in pregnancy and emergent support for those who experience the loss of a baby in any gestation.

❖ [Babies Remembered](#)

- Offers understanding and hope to grieving families facing the darkness after the loss of a precious baby, no matter size or age, and to all who are touched by such tragic losses.

❖ [M.E.N.D.](#)

- M.E.N.D. (Mommies Enduring Neonatal Death) is a Christian, non-profit organization that reaches out to families who have suffered the loss of a baby. Free bi-monthly newsletters, commemorative ceremonies, and a variety of support groups throughout the nation.

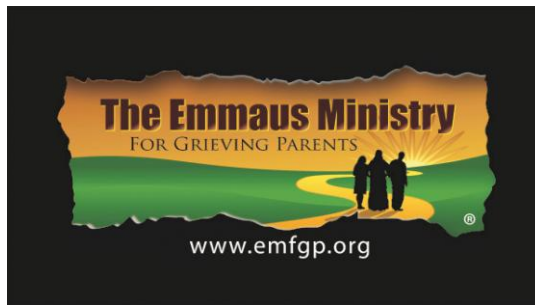
❖ [Redbird Ministries](#)

- A Catholic ministry serving the needs of parents who have experienced pregnancy, infant, and any age loss.



## Online Support Resources

- ❖ [Pregnancy After Loss Support \(PALS\)](#)
  - A non-profit organization and community support resource for women experiencing the confusing and conflicting emotions of grief mixed with joy during the journey through pregnancy after loss. Seeks to help expectant mothers celebrate their current pregnancy by choosing hope over fear while still nurturing and honoring the grief over the loss of their deceased child.
- ❖ [Share Pregnancy and Infant Loss](#)
  - A community for anyone who experiences the tragic death of a baby. Serves the entire family unit and provides support services such as phone support, group meeting, etc.
- ❖ [Hope After Loss](#)
  - Provides free peer bereavement support programs to women and men who grieve the loss of a pregnancy or infant.
- ❖ [Miss Foundation](#)
  - An international volunteer-based organization providing C.A.R.E.S. [counseling, advocacy, research, education and support] services to families experiencing the death of a child.
- ❖ [GriefShare](#)
  - Offers seminars, support groups, and daily emails for those whose loved ones have died.
- ❖ [Faces of Loss](#)
  - A place to come together and share stories with others who may be looking for reassurance that they are not alone.
- ❖ [Baby Loss Comfort](#)
  - A place for women to find resources, honor their grief and express their loss. Also for those looking to support someone who has lost a baby by providing suggestions on what to do and say.
- ❖ [Mommy to a Little Saint](#)
  - Catholic Pregnancy and Infant Loss Facebook Support Group
- ❖ [Baby Center](#)
  - Miscarriage, Stillbirth, & Infant Loss Support Group
- ❖ [Remembering Our Babies-October 15<sup>th</sup>](#)
  - The official site of pregnancy and infant loss Remembrance Day

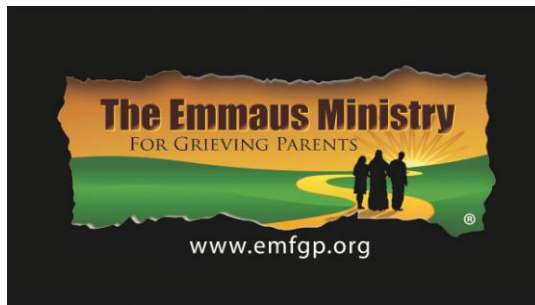


## Articles

- ❖ [The Hidden Face of Love: An Open Letter to Women \(and Men\) Who Have Lost Children, and Those Who Know Them](#) by Maria Grizzetti
- ❖ [Pastoral Notes: Questions and Answers on the Celebration of Liturgical Rites for Deceased Infants and Stillborn or Miscarried Infants](#) (Archdiocese of Boston)
- ❖ [Overcoming Obstacles](#) (USCCB)
- ❖ [Loving Parents After Miscarriage](#) o [En Español](#) (USCCB)
- ❖ [Solace and Strength in the Sorrow of Miscarriage](#) (USCCB)
- ❖ [Care of Fetal Remains](#) (Archdiocese of Dubuque, IA)
- ❖ [Perinatal Hospice: Necessary for a Culture of Life](#) (Catholic World Report)
- ❖ [Perinatal Care Helps Families Deal With Heartbreaking Situations](#) (Crux)
- ❖ [The Welcome Outreach of Perinatal Hospice](#) (National Catholic Bioethics Center)

## Books

- ❖ [Born to Fly](#) by Cindy Claussen
- ❖ [Empty Cradle, Broken Heart, Revised Edition: Surviving the Death of Your Baby](#) by Deborah L. Davis, Ph.D.
- ❖ [I Never Held You: Miscarriage, Grief, Healing, and Recovery](#) by Ellen M. DuBois
- ❖ [Sufficient Grace](#) by Kelly Gerken
- ❖ [Healing After Loss](#) by Martha Whitmore Hickman
- ❖ [Empty Arms: Coping With Miscarriage, Stillbirth and Infant Death](#) by Sherokee Ilse
- ❖ [A Silent Sorrow: Pregnancy Loss- Guidance and Support for You and Your Family](#) by Ingrid Kohn
- ❖ [A Gathering of Angels](#) by Victoria Leland
- ❖ [Through the Eyes of a Lion](#) by Levi Lusko
- ❖ [An Exact Replica of a Figment of my Imagination: A Memoir](#) by Elizabeth McCracken
- ❖ [Jesus Calling](#) by Sarah Young



## Prayer Books

- ❖ [Mourning a Miscarriage-Prayers for a Couple Grieving the Death of Their Unborn Child](#) by The Elizabeth Ministry
- ❖ [The Original Mothers' Manual](#) by A Francis Coomes, S.J.
- ❖ [Journey in Love: A Catholic Mother's Prayers After Prenatal Diagnosis](#) by Kathryn Anne Casey

## Video

- ❖ [Infant Remembrance-The Gist](#)  
Rachael Balducci, of Catholic TV's "The Gist," interviews photographer Lisa Seidel of "Now I Lay Me Down To Sleep."

## Other Resources

- ❖ [Behold Your Child](#)
  - A ministry for parishes or organizations to provide hope and healing for parents and families who have experienced miscarriage, stillbirth, or infant death (whether recently or years ago). Developed in collaboration by the offices of Marriage and Family Life, Respect Life and Social Justice of the Archdiocese of Dubuque, IA and Catholic Charities. Offers many resources for pregnancy and infant loss.
- ❖ [Now I Lay Me Down to Sleep](#)
  - Remembrance photography to parents suffering the loss of a baby through a national network of professional photographers.
- ❖ [Molly Bears](#)
  - Weighted teddy bears for families coping with any form of infant loss.
- ❖ [Held Your Whole Life](#)
  - Personalized memorial jewelry for moms and dads who have lost a baby in the womb.

\* The Emmaus Ministry for Grieving Parents offers these sites as resources for parents who have experienced the passing of their children before birth, at birth, or shortly after birth. We have not reviewed all of them in their entirety and offer them here as possible resources only.