

Suggested Book Recommendations For Grief:

For Mom:



Unexpected by Rachel Lewis

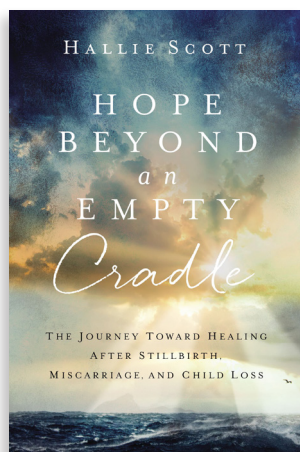
What to Expect When You're No Longer Expecting

When your baby dies, you find yourself in a life you never expected. And even though pregnancy and infant loss are common, they're not common to you. Instead, you feel like a stranger in your own body, surrounded by well-meaning people who often don't know how to support you.

What you need during this time is not a book offering easy answers. You need a safe place to help you navigate what comes next, such

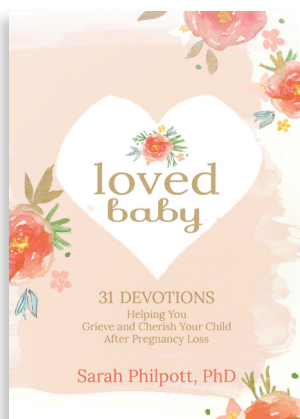
- *Coping with a postpartum body without a baby in your arms.*
- *Dealing with the overwhelming process of making everyday decisions.*
- *Facing social isolation and grief invalidation.*
- *Learning to move forward after loss.*
- *Wrestling with faith when you feel let down by God.*
- *Creating a legacy for your child.*

In Unexpected, bereaved mom Rachel Lewis is the friend you never knew you'd need, walking you through the unique grief of baby loss. When nothing about life after loss makes sense.. this book will



Hope Beyond an Empty Cradle by Hallie Scott

Tens of thousands of women and families every year lose a baby to miscarriage, stillbirth, or infant death. The statistics are sobering--between 10% and 20% of pregnancies end in miscarriage, 1% in stillbirth, and nearly 23,000 babies die before their first birthday--but statistics alone miss the depth of the hurt. Each loss is personal and devastating. No woman is prepared to lose a baby, and caregivers are often unaware of how best to help. In Hope Beyond an Empty Cradle therapist Hallie Scott first shares her own story, as a mother whose only child, Abigail, was stillborn, and then leads readers through a healing process that makes space for heartbreak, despair, guilt, questions, and anger. Life is never the same in the wake of the loss, but a new normal is possible. The book will be a welcome resource for families who have lost a child, as well as for those seeking to care for them in their traumatic grief.



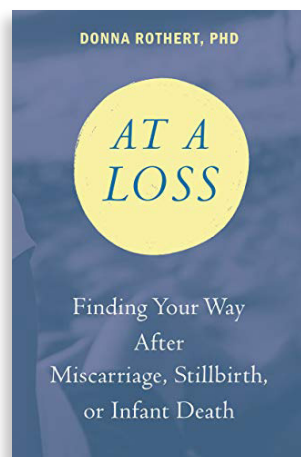
Loved Baby by Sarah Philpott, PhD

Loved Baby is a Selah Award winner for Nonfiction Book of the Year and Best Book in the category of Inspiration and Gift. Close to one in four American women experience the silent grief of pregnancy loss. Loved Baby offers much-needed support to women in the middle of psychological and physiological grief as a result of losing an unborn child through miscarriage, stillbirth, or ectopic pregnancy loss. In Loved Baby, author Sarah Philpott gently walks alongside women as they experience the misguided shame, isolation, and crushing despair that accompany the turmoil of loss. With brave vulnerability Sarah shares her own story of loss and the stories of others, offering Christ-filled hope and support to women navigating grief. This fresh and compassionate devotional offers:

- *Real talk about loss*
- *Christ-filled comfort*
- *Tips to manage social media, reconnect with your partner, and nourish your soul*
- *Knowledge that your child is in heaven*
- *Strategies to walk through grief*
- *Ways to memorialize your loss Whether your loss is recent or not, Loved Baby can be your companion as you move from the darkness of grief toward the light of hope.*

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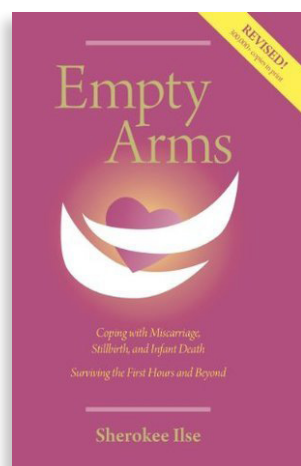


At A Loss by Donna Rothert, PhD

If you've experienced miscarriage, stillbirth, termination of pregnancy due to health risk or abnormality, or death in the first year of your baby's life, you're not alone. Life after these losses can be heartbreaking, confusing, and lonely. Family, friends, and medical professionals may minimize your loss or say "You can always try again."

Written by a psychologist who experienced two pregnancy losses herself, At a Loss offers thirty essays on the thoughts, feelings, and struggles that come along with losing a pregnancy or baby. Whether you are early in a crisis of grief or exploring the loss years afterward, you will find self-compassion, healing, and new ways to make meaning of your loss.

Donna Rothert, PhD, is a clinical psychologist who specializes in perinatal issues, including pregnancy and infant loss. She is in practice in Oakland and Walnut Creek, California.



Empty Arms by Sherokee Ilse

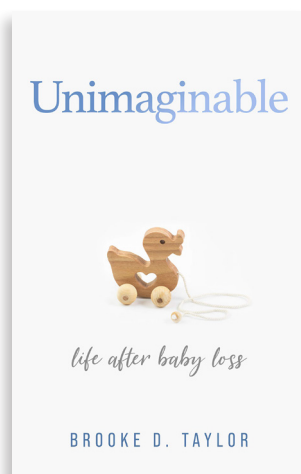
Revised and updated! This book offers support and guidance in decision-making after a baby's death and to assist caregivers as they support families. Empty Arms encourages families to meet their babies and say hello before rushing to say goodbye. With compassion that comes from Sherokee and David's experience of having lived through the death of their son Brennan and miscarried baby Marama, 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.)

Family and friends can learn how to understand the loss and be supportive of the bereaved families.

It offers ongoing support about subjects such as returning to work or to life, couple grieving, surviving children, feeling guilty, having another child or not, and feeling lonely.

This book touches the hearts of families at the time of their loss and over time as they heal.

An excellent bibliography and resource section are included.

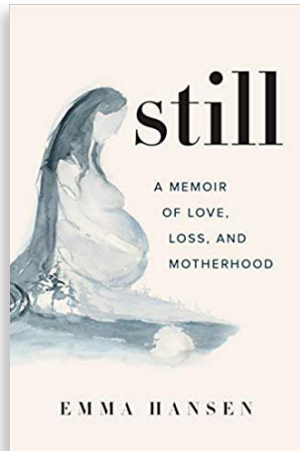


Unimaginable by Brooke D. Taylor

"There is no way to begin without telling you the saddest part of the story. It's a love story, and it begins with a positive pregnancy test. But, it doesn't end with a baby." After 34 weeks of a textbook, uneventful pregnancy, Brooke and her husband David were shocked when she went into labor weeks before her due date—and then absolutely blindsided when they arrived at the hospital only to be told that their beloved "Baby Duck" no longer had a heartbeat. This book tells the story of what came learning to live with a broken heart that keeps on beating, picking up the pieces amidst the devastation of earth-shattering grief, and finding a way to love life again—even when it looks nothing like they had imagined. This is the story of surviving the death of a child, navigating the complexities of life after pregnancy loss, and discovering that grief can somehow become a part of our life without overtaking it completely. Life after baby loss examines what it means to be a parent bereaved through stillbirth, and traces one mother's path back to a hopeful life.

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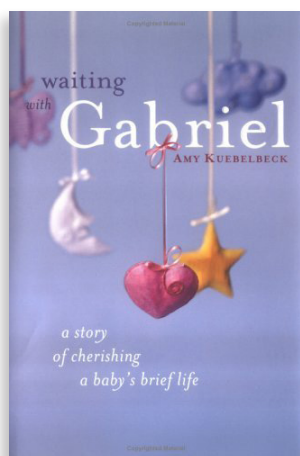
Still by Emma Hansen

A moving, candid account of one woman's experience with stillbirth.

Emma Hansen is 39 weeks and 6 days pregnant when she feels her baby go quiet inside of her. At the hospital, her worst fears are confirmed: doctors explain that her baby has died, and she will need to deliver him, still.

Hansen gives birth to her son, Reid, amidst an avalanche of grief. Nine days later, she publishes a candid essay on her website sharing photos from the delivery room. Much to her surprise, her essay goes viral, sparking positive reactions around the world. Still shares what comes next: a struggle with grief and confusion alongside a desire to better understand stillbirth, which is experienced by more than two million women annually, but rarely talked about in public.

At once honest, brave, and uplifting, Still is about one woman's search for her own definition of motherhood, even as she faces one of life's greatest challenges: learning to live after loss.

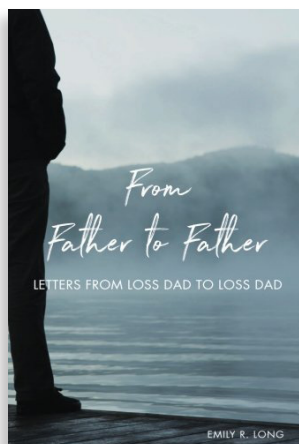


Waiting with Gabriel by Emily R. Long

This memoir is the true story of parents who were told that their unborn baby had an incurable heart condition, confronting them with an impossible to attempt risky surgeries to give their baby a chance at a longer life, or to continue the pregnancy and embrace their baby's life as it would unfold, from conception to natural death. The unforgettable journey that ensued would change not only their lives, but also the lives of everyone who came in contact with them. The book also addresses larger issues including questions about heroic medicine; attitudes and practices regarding pregnancy and infant loss; and new dilemmas created by advances in prenatal testing, including what to do if a test reveals a fatal problem. Waiting with Gabriel has become a premier resource for families in this situation as well as families who have lost a baby under other circumstances, and it is now being used by hospitals and clinics across the U.S. and Canada.

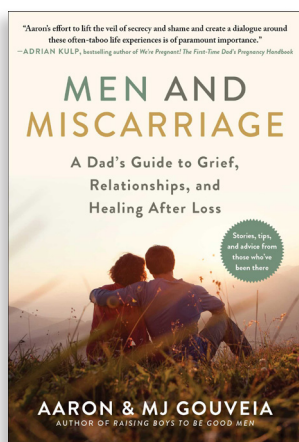
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For Dad:



From Father to Father by Emily R. Long

This book is a simple book of letters written for you, a grieving loss dad, from other loss dads who are living and surviving after the death of their precious child. In the pages of this book, fathers from around the world share letters of love from their hearts to yours with the hope that, maybe, in the darkest, loneliest hours of grief, you will find a little bit of comfort in the words of another father who has been where you are now. Too often a father's grief and experience of loss is overshadowed or unacknowledged after the death of their children. This book offers acknowledgement and gives voice to the experience of fathers grieving their children. The fathers speaking through these pages offer support and recognition to let you know that you are not alone. They are here with you.



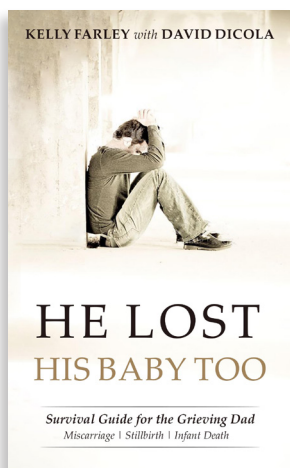
Men and Miscarriage by Aaron & MJ Gouveia

From an esteemed author known for battling gender norms and bringing down "man up" culture, comes this essential guide for men and those who love them.

Miscarriage, infertility, and abortion are generally considered women's issues—and while they are far from uncommon in our society, open conversations surrounding those topics are exceedingly rare. They're seen as taboo, even distasteful. And that's just for women.

When it comes to men and how they are impacted by these issues, it's almost complete radio silence. It's not that men don't think about these things or aren't affected—after all, they make up half of most couples experiencing these issues—it's that toxic masculinity and gender stereotypes in our society tell men that suffering in silence equals strength and expressing emotions is weakness. It's men not knowing how to feel, how to express those feelings, or if they're even allowed to feel this trauma beyond supporting their partner.

In Men and Miscarriage, husband and wife Aaron and MJ Gouveia ask men (and others) these questions directly. Using their own personal experiences enduring four miscarriages and a medically-necessary abortion combined with interviews of people from all different backgrounds and walks of life, the couple sheds light on how these topics influence men, women, their relationships, their mental health, and examines the shame and stigma too often associated with pregnancies that don't go as planned.

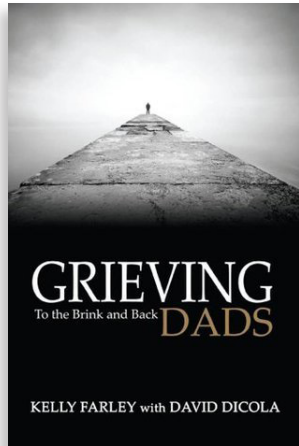


He Lost His Baby Too by Kelly Farley and David Dicola

This book was written specifically for fathers grappling with the unbearable aftermath of losing a baby. It is all too easy for a bereaved father to succumb to a haunting sense of isolation after such a loss. However, within these pages lies a lifeline—a survival guide infused with wisdom, providing a roadmap through the complicated path of grief.

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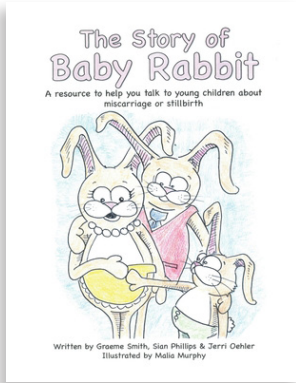


Grieving Dads: To the Brink and Back by Kelly Farley and David Dicola

Grieving Dads: To the Brink and Back is a collection of candid stories from grieving dads that were interviewed over a two year period. The book offers insight from fellow members of, in the haunting words of one dad, "this terrible, terrible club," which consists of men who have experienced the death of a child. This book is a collection of survival stories by men who have survived the worst possible loss and lived to tell the tale. They are real stories that pull no punches and are told with brutal honesty. Men that have shared their deepest and darkest moments. Moments that included thoughts of suicide, self-medication and homelessness. Some of these men have found their way back from the brink while others are still standing there, stuck in their pain. The core message of *Grieving Dads* is "you're not alone." It is a message that desperately needs to be delivered to grieving dads who often grieve in silence due to society's expectations. *Grieving Dads: To the Brink and Back* is a book that no grieving dad or anyone who cares for him should be without. As any grieving parent will tell you, there are no words to describe the hell one experiences after the death of a child. Many men have no clue how to deal with or understand the myriad emotional, mental, and physical responses experienced after the death of a child. Stories appearing in the book have been carefully selected to represent a cross-section of fathers, as well as a diverse portrayal of loss. This approach helps reflect the full spectrum of grief, from the early days of shock and trauma to the long view after living with loss for many years. Any bereaved father will find brotherhood in these pages, and will feel that someone understands them. While there is plenty of raw emotion in this book—the stories are not exercises in self-pity nor are they studies in grief. They are survival stories instead. Some are testimonies to hope. Some are gut-wrenching accounts of overwhelming despair. But all of them are real-life stories from real-life grieving dads, and they show that even if one reaches his physical and emotional bottom, it is possible (although not easy) to live through that pain and find one's way to the other side of grief. Most dads in this book found themselves in a state of physical, mental, and emotional collapse after the death of their child. As if the losses alone weren't enough to drive these men to the brink, most try to deal with their grief according to the conventional wisdom so many men are brought up with, which perversely, increases their suffering all the more. We all know the party line about how men are "supposed" to deal with loss or even disappointment: toughen up, get back to work, take it like a man, support your wife, don't talk about your emotions, don't lose control, and if you must cry—by all means do so in private.

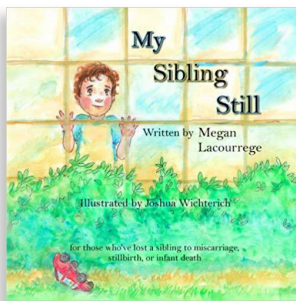
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For Siblings:



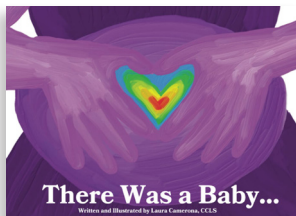
The Story of Baby Rabbit by Graeme Smith, Siam Phillips and Jerri Oehler

Graeme Smith, MD, PhD is a Professor and Head of Obstetrics & Gynecology at Queen's University. He works with many families who have suffered a miscarriage or stillbirth. He has developed a website (www.themothersprogram.ca) as a resource for women during pregnancy and after delivery. Sian Phillips, PhD is a Child Psychologist who is an adjunct professor at Queen's University who specializes in working with interpersonal trauma and attachment issues. Jerri Oehler, PhD is a pediatric nurse/psychologist at the Carteret Clinic for Adolescents and Children affiliated with Duke University. She has a long history of working with families who have had a loss during pregnancy or postpartum. Malia Murphy is a PhD student at Queen's University studying complications in pregnancy and their impact on maternal outcomes.



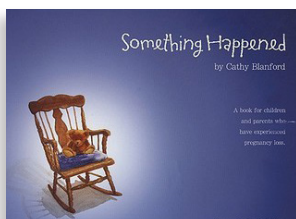
My Sibling Still by Megan Lacourrege

"...I am still your sibling, and I love you." *My Sibling Still* is written as a love letter from a sibling lost to miscarriage, stillbirth, or infant death to any surviving siblings. It walks through the emotions that a child and his or her family may experience following a loss while also depicting the loving presence of the deceased child in the family's life. With gentle words and comforting pictures, this book offers a beautiful way for the entire family to remember and honor any lost little ones. *My Sibling Still* is accessible whether the loss happened years ago or yesterday, whether a sibling was born at the time of the loss or came afterwards. Most of all, with an affirming message of hope through suffering, it reminds us that our relationships with the little ones who have gone before us continue after death.



There Was a Baby by Laura Cameron, CCLS

This book is for children whose family experiences a miscarriage, stillbirth, or infant death. The book gives families words to support feelings that a child may have and to move forward as a family unit. The book includes tips for caregivers, illustrations that represent all families, and simple words that help all children understand. Appropriate for children ages 1-11.

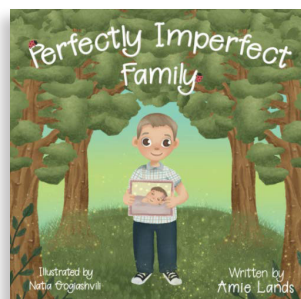


Something Happened by Cathy Blanford

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.

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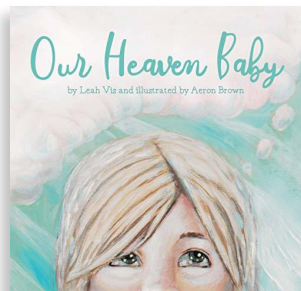
Perfectly Imperfect Family by Amie Lands

Perfectly Imperfect Family beautifully demonstrates how a brother loves, honors, and includes his sister, who died before he was born, in the family's special days and every day.

Oftentimes referred to as a rainbow baby, children born after the death of a sibling often wonder about the one who came before them.

Perfectly Imperfect Family acknowledges the stigma associated with pregnancy loss, infant death, sibling grief, and including a baby who has died by demonstrating loving ways in which a family can continue to celebrate their beloved baby.

A must-have book for all families who have experienced the loss of a baby and want to normalize their perfectly imperfect family.



Our Heaven Baby by Leah Vis

A story of miscarriage and the hope of Heaven through the eyes of a child...

Told from his perspective, five-year-old Abel and his little sister are so excited to have a new baby! But soon Mommy tells them the sad news that she has had a miscarriage. The baby is now in Heaven with Jesus. Wait . . . Heaven?

They've never known anyone in Heaven before, and they begin to dream about what their baby must be dancing with Jesus, lots of children, and what about dinosaurs?

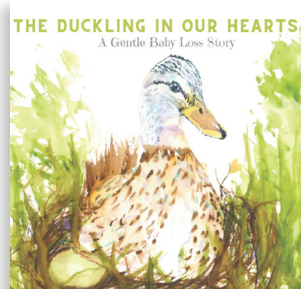
Author Leah Vis experienced three miscarriages and understands the confusion, sadness, and grief that follows miscarriage. In her journey she found that focusing on Heaven brought great peace and hope.

Honest, Hopeful, and Full of Wonder

As one reader puts it, "I am amazed that a picture book can so delicately and delightfully approach such a large topic. A must have for your bookshelf, especially true for children that have already experienced a loss."

Another reader says, "The first time I read this book I cried. Leah does an amazing job capturing the sadness of loss, a child's imagination and carefree joy, and the wonderful promise of eternal life in Heaven that we have through Christ."

This book will be a ray of hope for adults and children whether your loss is recent or several years ago.



A Duckling In Our Hearts by Kara Mangum

If you have experienced a pregnancy or infant loss, you know what it means to carry the memory of your baby within your heart. It is through our hearts that the memory of our babies lives on. We hope the story of the Duck family and their tiny egg supports you in honoring and remembering your babies. This book serves as a valuable tool to help explain the process of pregnancy loss to a child. This story is gentle and open. It allows parents, or caregivers, to adjust discussions to meet the individual needs of their children.