

There are excellent online and printed resources that you may find helpful

www.stillstandingmag.com

www.missfoundation.org

www.griefwords.com

Healing your Grieving Heart after Miscarriage:
100 Practical Ideas for Parents & Families
by A. Wolfelt

Free to Grieve: Healing & Encouragement for those
who have Suffered Miscarriage and Stillbirth
by M. Rank

Empty Cradle, Broken Heart
by D. L. Davis

Still to be Born
by P. Schwiebert, P. Kirk

When a Baby Dies: The Experience of late
Miscarriage, Stillbirth & Neonatal Death
by A. Henley, N. Kohner

A Guide for Fathers: When Baby Dies
by T. Nelson

Grandma's Tears:
Comfort for Grieving Grandparents
by J. Kolf

Caring for each other in the community

If you would like additional suggestions,
would like to simply chat,
or need assistance finding additional
resources in the larger community,
please feel free to call or email.



Morse & Son Funeral Home
5917 Main Street
Niagara Falls, ON L2G 5Z7
Phone (905) 356-3550
Facsimile (905) 356-9916
www.morseandson.com

Morgan Funeral Home
415 Regent Street
Niagara-on-the-Lake, ON L0S 1J07
Phone (905) 468-3255
Facsimile (905) 356-9916
www.morganfuneral.com

Inside this brochure you will find information that may be helpful.

For Parents

Our minds might understand that science, biology and other natural factors contribute towards the end of a life...

but our hearts most often do not.

When we experience the death of a baby, it can feel as if our entire world has been turned upside down, and we wrestle with countless physical, emotional and spiritual concerns.

We may struggle to understand and find peace not only within ourselves, but with other family, friends and community members who may also be grieving in their own unique way.



Miscarriage | Stillbirth

At a time when you may have been dealing with numerous health or emergency response professionals, and find yourself feeling perhaps quite exhausted, you may have heard comments from family, friends or other community members that sounded less than compassionate and caring.

Some people will mistakenly try to take away your hurt by pointing to a future possibility of other children or reminding you of other children that you may already have. We are so very sorry if this has happened to you, knowing that every single child's life is special.

Your relationship with your child does not end, though it surely changes in form. Take the necessary time to grieve not only his/her death but the loss of any dreams that you may have had for this child in the future.

It's okay to remember and cry, it's okay to remember and to laugh... it's okay to keep on living even though it may feel like part of you has died.

Returning to work, to school, to a faith community, to social activities... any number of daily activities may stir in you unexpected feelings of loss or other feelings. It's okay. Your mind, body and soul will slowly learn how to adapt to a new state of being. It takes time and energy. Grieving is hard work.

Be patient and gentle with yourself.

Experiencing the death of a child at any stage of life is one of life's hardest work. Perhaps there is no more difficult task for a parent of any age.

This is a time when it is especially important to care for yourself. Proper nutrition, exercise and surrounding yourself with supportive individuals will not take away your pain, but will most certainly help as you journey through these most difficult times.

A few gentle notes that may help you in the days and weeks ahead:

- Remembering to take prescription medications, eat regular meals and drink plenty of water may seem simple to do, but are easily forgotten during highly emotional and stressful periods of mourning. Keeping track on a calendar, notepad or electronic device may be helpful.

- Try to avoid the use of alcohol, overuse of prescription, or non-prescription drugs. Any relief that may be experienced with their use will be temporary at best and will likely not serve you or your extended family well over time.

- When someone offers to help, keep a list of tasks nearby that you that can easily refer to. Dog walking, grocery shopping, laundry, phone calls, transportation, etc.

- If you have other children in the home, try to normalize their routine as soon as possible and according to the specific needs of each child.

- A return to school, sports, etc. can help children to adjust and cope better in some, but not all, circumstances. Be sure to inform teachers and coaches of what has happened. They may be a valuable helping resource for your child.

- Most importantly... Give yourself permission to grieve. **There is no right or wrong way to feel.** What you are experiencing is unique to you.



There are differences in a person's grief journey that are influenced by many factors, including the age, life stage, circumstances surrounding a death, along with cultural and spiritual beliefs.

Sorrow, anger, guilt, relief, searching for answers... it's all part of the very messy mix of emotions that come with having loved someone, even for a very brief time.

Reaching out to others and accepting support is often difficult, especially when you are hurting so much. Try to spend time with people who are compassionate and understanding of your varied feelings. Reach beyond your usual circle of family and friends if need be to find the support you need to help you grieve and to heal.