

After Your Loss

- Seeing and holding your baby helps to create lasting memories
- Naming your baby is a way to honor their uniqueness and can help when you talk about your baby by name.
- Having momentos provide lasting memories. Photographs, lock of hair, birth/death certificates, foot and handprints.
- Having your baby baptized or having them blessed may provide you and your family comfort.
- After you deliver your baby you can ask to be moved outside of the maternity ward.
- Your milk may come in and cause engorgement. Your medical provider can help you with this. As it may be a painful reminder that you do not have your baby there to feed.
- You may have to sign a birth/death certificate and be asked how to handle the baby's body.
- Autopsies can sometimes offer insight to your baby's death.
- A memorial service can be planned or it can be skipped.

The choice is yours.

Contact us

520-249-1759

info@grievingthechild.org

www.grievingthechild.org

facebook.com/grievingthechild



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How family and friends can help

- Allow parents to share their pain.
- Listen. Don't try to fix or change parents' feelings.
- Express your own sorrow.
- Say the baby's name.
- Be patient—grief may last for years.
- Stay in touch often.

About Grief

Grief over the loss of a baby, before or after birth, can be as intense as grief over the death of any other family member.

Grieving parents may experience a range of emotions, including shock, sadness, anger, fear and guilt, as well as physical symptoms. All parents must feel free to express their love for the baby they have lost and to grieve in their own way.

Seeing pregnant women and babies can be painful after the loss of a baby. Family and friends often find it hard to talk about the baby, and inappropriate comments may cause further grief.

Anniversaries of the baby's birth and death can bring back parents' feelings of grief and loss.

Grandparents often grieve for their grandchild, and may find it difficult to cope with their own child's pain.

Who We are

Our Founder & President is a licensed therapist, certified bereavement doula and licensed chaplain that has experienced the death of her daughter. Our Board of Directors are fellow loss parents who are here to help support families just like them.

- Miscarriage
- Stillbirth
- Loss of a pregnancy that was wanted, but interrupted, after prenatal diagnosis or for maternal health
- Premature birth
- SIDS
- Infant death in the first year of life
- Infertility

Grieving the Child has been providing grief support since 2013 in Arizona and in the Sierra Vista area since 2019.

Grieving the Child is a 501(c)(3) nonprofit organization.

