



SHARE Atlanta  
Pregnancy and Newborn Loss  
Grief Support Group  
770.928.9603  
www.shareatlanta.org

## SHARE Atlanta's suggested Initial Booklist for Support from...

*A Place to Remember*

Online Catalog - <http://www.aplacetoremember.com>  
Toll-free - 1-800-631-0973



www.shareatlanta.org  
Links/Resources

A SHARE Atlanta's heart logo by a topic's title means that we have a corresponding topic menu for further information on our website.

### Allowing Grieving to Happen to Heal

<http://www.shareatlanta.org/navgrief.html>



**Mother Care: Physical Care and Beyond After a Baby Dies** - specifically for mothers after a late miscarriage, stillbirth or early infant death. Its focus is mainly on regaining health and is intended to be given to mothers while still in the hospital. It focuses on physical realities after a loss, including nutrition, hygiene, breast care, and uterine exercises. The second half of the book focuses on emotional and spiritual care. Sherokee Ilse, Inez Anderson, and Mary Funk. (Wintergreen Press 20 pages)

Item #MC-0119. \$3.50

**Empty Arms** - one of the classics that began the movement to understand the grief that comes with infant death. Author Sherokee Ilse covers the feelings, fears, fantasies and options that families face. It offers suggestions and support for decision-making at the time of loss and in the days and months that follow. Over 150,000 copies sold. (88 pages)

Item #EA-0104. \$9.95      **Spanish Item #EA-0253. \$9.95**

**Empty Cradle, Broken Heart: Surviving the Death of Your Baby** by Deborah L. Davis, Ph.D. who relays the message "You are not alone and you can survive." A very comprehensive book on the grief suffered after the death of a child. The "Points To Remember" at the end of every chapter are a wonderful way of re-finding something later to reaffirm the healing process. (Fulcrum Publishing, 232 pages)

Item #EC-0105. \$18.95

**She Was Born, She Died** is a "collection of poetry following the death of an infant" by Marion Cohen. The booklet contains more than three dozen poems ranging from "Denial Poem," and "The Main Problem with Tragedy," to "Trying to Conceive" and "Dead-ness as a Disability." There is some "in your face" honesty and rawness in this one. (32 pages)

Item #SW-0167. \$3.25

**Coping With Holidays And Celebrations** by Sherokee Ilse who examines the difficulty one faces on holidays or at family gatherings after the loss of a child. This booklet examines the feelings that one may have on these occasions and offers suggestions in dealing with relatives or friends who may force participation "for your own good." It contains positive suggestions for turning those days of difficulty toward inner reflection and even celebration of the baby. (12 pages)

Item #CW-0103. \$3.00



### Information about Specific Kinds of Losses

<http://www.shareatlanta.org/stories.htm>



**Unsupported Losses: Ectopic Pregnancy, Molar Pregnancy, and Blighted Ovum** - are often misunderstood. They are shocking, unexpected and medically complicated. They signal the end of the pregnancy and the death of many hopes and dreams. This book explains what happens during these pregnancies and examines a family's emotional responses. ...practical suggestions on how to cope. (Sherokee Ilse, author 23 pages)

Item #UL-0132. \$3.00

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**Miscarriage: A Shattered Dream** by Linda Hammer Burns and Sherokee Ilse It offers an insightful perspective on possible causes, medical terminology, choices and decisions, for families experiencing a miscarriage. It also examines the emotional aspects of miscarriage, offers coping suggestions, and discusses choices for the future. (Wintergreen Press, 64 pages)

Item #MS-0116. \$9.95

**Newborn Death** pamphlet shares feelings other parents have experienced, explains medical terminology that parents may hear, and gives coping suggestions. (RTS, 6 pages)

In English Item #ND-0214. \$1.85 In Spanish Item #ND-0239. \$1.85

**Stillbirth** - brochure is written for the nearly one million families per year who experience this devastating loss. Addressing the questions and validating the emotions of these parents, it offers insights and comfort as families move through their unique grief.

In English Item #SP-0226. \$1.85 In Spanish Item #SP-0211. \$1.85 (RTS, 6 pages)



**Specifically for - Fathers, Single Parents, "Difficult Decisions"**

<http://www.shareatlanta.org/navemailall.htm>



**Miscarriage: A Man's Book** by Rick Wheat, a Marriage and Family Therapist who has experienced the difficulties of miscarriage first-hand. Wheat has "an emergency page" with nine items a man should know right away when his wife has just had a miscarriage, including "recognize the importance" of this event. "This may well be the worst thing that has ever happened to your wife and maybe to you, too." He talks about things that will be difficult, and recognizes what has been lost. He discusses the stages of grief and some of the responses that may result such as guilt, depression or withdrawal. He also gives some tips on how to keep the marital relationship strong after such a devastating event. (24 pages)

Item #MM-0137. \$3.00

**A Father's Story** - Timothy Nelson shares his experiences after the 1983 stillbirth of his daughter, Kathleen. The first section of the booklet was written shortly after Kathleen died. It captures the trauma and pain that he suffered as he recounts his story from the first sign of trouble in the pregnancy. The second part of the booklet was written 10 years later. It chronicles how Kathleen's death played a significant role in the relationship between he and his wife, Monica, in subsequent pregnancies, and in the lives of their living children. It includes feelings about the first holiday after the death, the conflict over going to a support group, the first anniversary of Kathleen's birth, and the anniversaries since. ( 24 pages)

Item #FS-0106. \$3.00

**Single Parent Grief** Whether a teen or more mature parent, the pain and anguish of having a child die is overwhelming. The experience of grieving can be complicated and lonely for single parents who have no partner to be there for them. Practical suggestions and information offer hope and help. ( 20 pages)

Item #SP-0128. \$3.00

**A Time to Decide, A Time to Heal:** For parents making difficult decisions about babies they love is written by mothers and fathers who have faced the news of fetal anomaly with grief and courage. The authors look at the steps involved in the decision to continue or to end the pregnancy, *with the book's real strength (and largest portion) being in the comprehensive approach it takes to healing grief after a decision to terminate is made.* (Pineapple Press, 110 pages)

Item #TD-0131. \$9.95



**Loss and Other Relationships  
grandparents, siblings**

<http://www.shareatlanta.org/navemailall.htm>



**Grieving Grandparents** With the impending birth of a baby, prospective grandparents dream of this new and exciting addition to the family. This book is a practical exploration of the anguish, sorrow and sense of helplessness that grandparents feel when their grandchild dies. Critical information is shared to aid grandparents as they attempt to comfort and support their children while they also learn to cope with their own grief. Many specific suggestions will make it easier to know how to make a difference in their children's lives. (Wintergreen Press, 12 pages)

Item #GG-0136. \$3.00

**No New Baby**, by author Marilyn Gryte, is an excellent little book for youngsters whose mommy miscarries. A neat Grandma explains that you are not to blame, we don't always have answers, and that it is OK to ask questions. It also affirms the normalcy of play during times of crisis or sadness. (24 pages)

In English Item #NN-0160. \$3.50 In Spanish Item #NS-0161. \$3.95

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**Talking With Children About Perinatal Loss** The pamphlet talks about age-appropriate grief responses and discusses ways adults can explain death to children, offer meaningful ways to remember the baby who died, and how to talk openly and honestly. (Bereavement Services, 6 pages)

Item #TT-0268. \$1.85

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**Remembering Our Baby** by Patti Keough is a workbook for brothers or sisters whose baby dies before birth. Space is provided for children to write or draw pictures to help them express their emotions, and ideas are offered to help kids think of ways to remember their sibling. (28 pages)

Item #RO-0274. \$4.95



**Farewell Rituals**  
<http://www.shareatlanta.org/navemailall.htm>



**Bittersweet... hellogoodbye: A Resource in Planning Farewell Rituals When A Baby** A good book to help a minister, chaplain, funeral director, or social service worker, (or parent) plan a memorial service or farewell ceremony. It provides detailed instructions and options for designing and conducting funerals. There are samples of services planned for an individual baby. It includes prayers, Scripture suggestions, readings and other resources. There are suggestions and sources for keepsakes and other items to aid parents. (SHARE, spiral bound, 224 pages,)

Item #BH-0101. \$25.00

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**Planning a Precious Goodbye** - Authors Sherokee Ilse and Susan Erling Martinez offer the bereaved family guidance and specific suggestions for creating a meaningful memorial service for their baby who has died. Readings, poems, songs, Scripture verse, announcement examples and many options are shared. (Wintergreen Press. 24 pages)

Item #PP-0123. \$3.50



**Future Pregnancy Issues**  
**Thinking about pregnancy after a loss...**  
<http://www.shareatlanta.org/subpgmenu.htm>



**Another Baby? Maybe... 30 Questions on Pregnancy After Loss.** Sherokee Ilse and Maribeth W. Doer have both lived through a number of pregnancies after their own losses. They share the most common concerns, issues and questions parents face in considering another pregnancy in their booklet, Their suggestions and advice make this an important resource. Also includes a bibliography. (Wintergreen Press, 32 pages)

Item #AB-0135. \$5.00

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**Pregnancy after a Loss ~ A Guide to Pregnancy after a Miscarriage, Stillbirth or Infant Death**

Berkley '99

Carol Cirulli Lanham writes:

“But for those of us who have lost a baby during pregnancy or shortly after birth, the mere thought of trying to conceive again unleashes a wave of emotions. While we may desperately want another baby, the idea of going through another pregnancy fills us with dread. So instead of making plans, we ask questions:....”

Carol answers a lot of questions with many different voices - hoping that “After hearing from the voices of experience, you will realize that if we could survive a pregnancy after a loss with our sanity intact, you can too.” She spoke to our group in March 1999. **It is not in A Place to Remember’s website or catalog, but you can find it at local bookstores.**



## Memory Books and Journals adult & children

<http://www.shareatlanta.org/stories.htm>



**A Place To Remember: Memories Of Our Baby**—is a special place to record the information on a baby who has died due to miscarriage, stillbirth, or infant death. Like a traditional baby book, it includes sections on the parents, the family tree, name information and vital statistics, baptism/dedication, and a place for footprints, handprints, and a lock of hair. But more than a traditional baby book, it has places to record the funeral/memorial service, a place for immediate family to record special thoughts, and finally a place to record feelings on the anniversaries through the baby's tenth birthday. Meant to be a memento of lasting importance, it is printed on fine quality, heavy text paper in a pastel grey ink with an embossed white and pale blue cover. Its size is perfect to place inside of our Memory Box. (A Place To Remember, 28pages)

Pale Blue and White Cover Item #MO-0749 \$7.50

**Remembrance Journal: In Memory of My Precious Baby** offers a place to record hopes, dreams and memories. With soft pictures and warm thoughts interspersed throughout the many lines available for writing on, this journal is an ideal place to record the pregnancy and loss experience. (RTS, 5 1/2"x8 1/2", 16 pages)

In English Item #RJ-0228. \$3.25 In Spanish Item #RJ-0242. \$3.25

**Our Baby Died. Why?**, seven-year-old Jake Erling tells the story of his life during the pregnancy and stillbirth of his brother, Jesse. He shares his grief experience from a child's perspective, and relates an accounting of his mother's subsequent pregnancy and the birth of his twin siblings. *This is not only Jake's story, but a place for children who have also lost a baby brother or sister to journal their thoughts and feelings.* Questions are posed throughout the book and space is provided for children to write or draw their response. For younger children, parents are encouraged to read the book aloud, ask the related questions and write down their child's responses. As time goes on, Our Baby Died. Why? can serve as a beloved keepsake of memories for the bereaved brother or sister. (A Place To Remember, 36 pages)

Item #OB-0120. \$4.00

### A list of possible materials offered at SHARE Atlanta groups:

- SHARE Atlanta's "Parent's Grief Booklet" with booklist
- SHARE Atlanta's "Ways a Father Heals..." booklet with booklist
- SHARE Atlanta's Booklets related to the group's topic (10 different booklets)
- SHARE Atlanta's "Coping Ideas—Survival Suggestions for Healing" booklet
- SHARE Atlanta's "Coping during Special Occasions—Holidays, Anniversaries, Due Dates" booklet
- SHARE Atlanta's "October is Loss Awareness Month: Advocacy for Pregnancy and Newborn Loss Issues"
- SHARE Atlanta's brochures on grief (*No Heartbeat; Be Truthful in Grief*) & Grandparent's Grief
- Grief—related pamphlets from Centering Corp., TCF, and March of Dimes, etc.
- Medical Information sheets or brochures from March of Dimes (MOD) and other resources
- Catalogs (MOD, A Place to Remember, Centering Corp, etc.)
- Special mementos (CareShare Boxes, seasonal mementos, <http://www.braceletsofhope.com> by Kim, etc.)
- Samples of available books
- Supportive information as available
- Past Guest interviews or speakers: Carol Lanham author of Pregnancy after a Loss; Dr. Toledo infertility specialist; Dr. Pollard psychologist-spoke on Men's Grief; etc



### Other bookstores, catalog and support options:

- <http://www.shareatlanta.org> - "Links/Books & "Links/Support Groups-Medical & Grief"
- SHARE Atlanta's Newsletter <http://www.shareatlanta.org/Newsletter.htm>
- SHARE Atlanta's Online Forum <http://www.shareatlanta.org/forum.htm>
- SHARE Atlanta's Spanish Parent Packet - <http://www.shareatlanta.org/navforeign.htm>
- Ask for the books in the local bookstores - encourage the stores to carry them.