



GUIDING YOU INTO YOUR GRIEF

A gentle guide to you getting to
know your grief after pregnancy
and infant loss.

OUR MISSION

Stillborn Still Loved Foundation was created in honor of my stillborn daughter, Laurelai Antoinette and all of the babies gone too soon. I struggled for years with my grief due to the lack of resources and support in society. After Laurleai died, I felt like I had too and they just forgot to bury me. I didn't recongnize myself anymore and people on the outside didn't either. Due to the stigma attached to Pregnancy and Infant loss I spiraled down into shame based patterns that hurt my healing. Years later, Stillborn Still Loved Foundation emerged with an intense love to end the stigma and break the silence surrounding Pregnancy and Infant Loss. It is our mission to provide specialized resources, support, and guidance into YOUR grief; not what everyone says your grief should look like.

We encourage grieving parents to share their stories because their stories hold immense power. The power to inspire, to connect and to make change. We don't compare losses and we focus on giving you tools in order to rebuild after such an shattering loss. One that should never happen. The loss of your precious baby.

In time, our goal is to provide financial assistance for cremation and burial costs and to donate cuddle cots world wide to hospitals.

For now though, our focus is YOU and YOUR BABY. We want to remind you that it is okay to not be okay and that you are not alone.

We have a wonderful online community that was built to show true love, kindness, support and compassion.

This booklet was created to gently guide you into YOUR grief and to help you connect with your child on an even deeper level. To help you navigate through the darkness and see that your baby is your guiding light.

Sending love and postive energy,

Hailey Ricks

Hailey Ricks
Founder of Stillborn Still Loved Foundation






Stillborn Still Loved Foundation

THE FIRST 5-7 DAYS AFTER LOSS

"Your baby's life matters, which is why it hurts so much."

-Hailey Ricks




The first week after losing Laurelai was a whirlwind. I was left shattered, disconnected and instead of leaving the hospital with my baby, I left with a prescription for sleeping pills and a folder of "resources". I can vividly remember leaving the hospital and feeling like I was leaving my baby behind. Decisions were made for me and I wasn't thinking as I was out of my mind with grief. I felt guilt and shame. There was so much going on the outside and inside my head and all I wanted was my sweet baby.

I want you to know and believe with all of your heart that this is not your fault. I want you to know and believe with all of your heart that your baby's life matters and that your grief, regardless of what it looks like is okay. I want you to know and believe with all of your heart that you are still a mother and still a father. There are so many things that I wish I would have known or thought about the first week after losing my daughter.

I wish I would have known that my milk was still going to come in. I wish I would have known that I had the option to spend more time with my baby. I wish I would have known that I could get her foot and handprints done. I wish I would have known that it was okay to take photos of me holding her. I wish I would have known to speak up and let people know that I wanted to pick the outfit she was buried in. I wish I would have known that it was okay to cry in front of people. I wish I would have known that I had every right to tell people to get out of the room so I could be alone with her.

But you know what I wish most of all...I wish I would have known that it was okay to not be okay.

No matter what you say or do, please remember that you are doing the best you can at any given moment and that you are not alone.



YOUR GRIEF

Our grief is as unique as our fingerprint. Don't let anybody tell you what is "normal". Listen to your heart and body. Get to know your grief on a molecular level so you can show yourself understanding and compassion and so you can tell others what you need.

Primary Loss

Your primary loss with this grief is the loss of your precious baby. No matter what stage, gestation, or the age of loss, we want you to remember that your baby matters.

Write the name of your beautiful baby or babies:

Secondary Losses

Secondary losses are things like loss of identity, loss of self, loss of hope, loss of dreams, loss of future, loss of innocence, loss of faith...the list goes on and on. These secondary losses are universal to pregnancy and infant loss and need to be grieved too. This is why your grief is so overwhelming. You didn't just lose your baby...you lost a lifetime.

Your Secondary Losses

Make a list of some of the secondary losses you are feeling:

Show Yourself Love & Compassion

Look at your grief for what it is right now. This is what YOUR grief looks like. Now, take a deep breath and say, " I am doing the best I can."

Give yourself understanding, love and compassion.

IT'S IMPORTANT TO REMEMBER

01 THERE IS NO TIMELINE FOR GRIEF.

You will grieve forever because you will love your baby forever. Grief does not go away. You do not move on from losing your baby. You simply rebuild yourself and learn how to cope with the loss. You learn ways to honor your baby in ways that make sense to you. You realize that your baby is your guiding light and that it's okay to hurt because their life matters.

02 YOU ARE STILL A MOTHER. YOU ARE STILL A FATHER.

Being a mother or father is not dictated by whether your child is living or not. You still have all of the parental instincts wired into you. You will still protect your child by protecting their memory. Speak your truth, tell their story, speak their name and know that they will forever be a part of you.

03 COMMUNICATE

A big part of the stigma attached to pregnancy and infant loss is that people get uncomfortable when we talk about our babies or when we post photos of them. It's important to realize that you doing these things is not only normal but healthy for your healing journey. When someone says something to you that hurts you, tell them. If you need help with errands or cooking or you simply just want to cry, it's okay to reach out. Remember, there is no right or wrong way to grieve.

04 CONNECT

When you are ready, we encourage you to reach out to a local or online support group. It is so healing to find people that truly understand what you are going through. It makes you feel less alone...more connected...less crazy. You will connect with some of the most amazing and inspiring people you have ever met that will help you honor your baby.



ABOUT US



HAILEY RICKS
Founder

Mother.
Author.
Grief Coach.



LAURELAI ANTOINETTE

My light.
My love.
My daughter.

The one who taught me the depth of my love. Her life was so short but her life has impacted so many just like your baby's life will.

STILLBORN STILL LOVED
FOUNDATION

CONTACT US

www.StillbornStillLovedFoundation.org

Email:

StillbornStillLovedFoundation@gmail.com

Join our online community on Facebook:

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