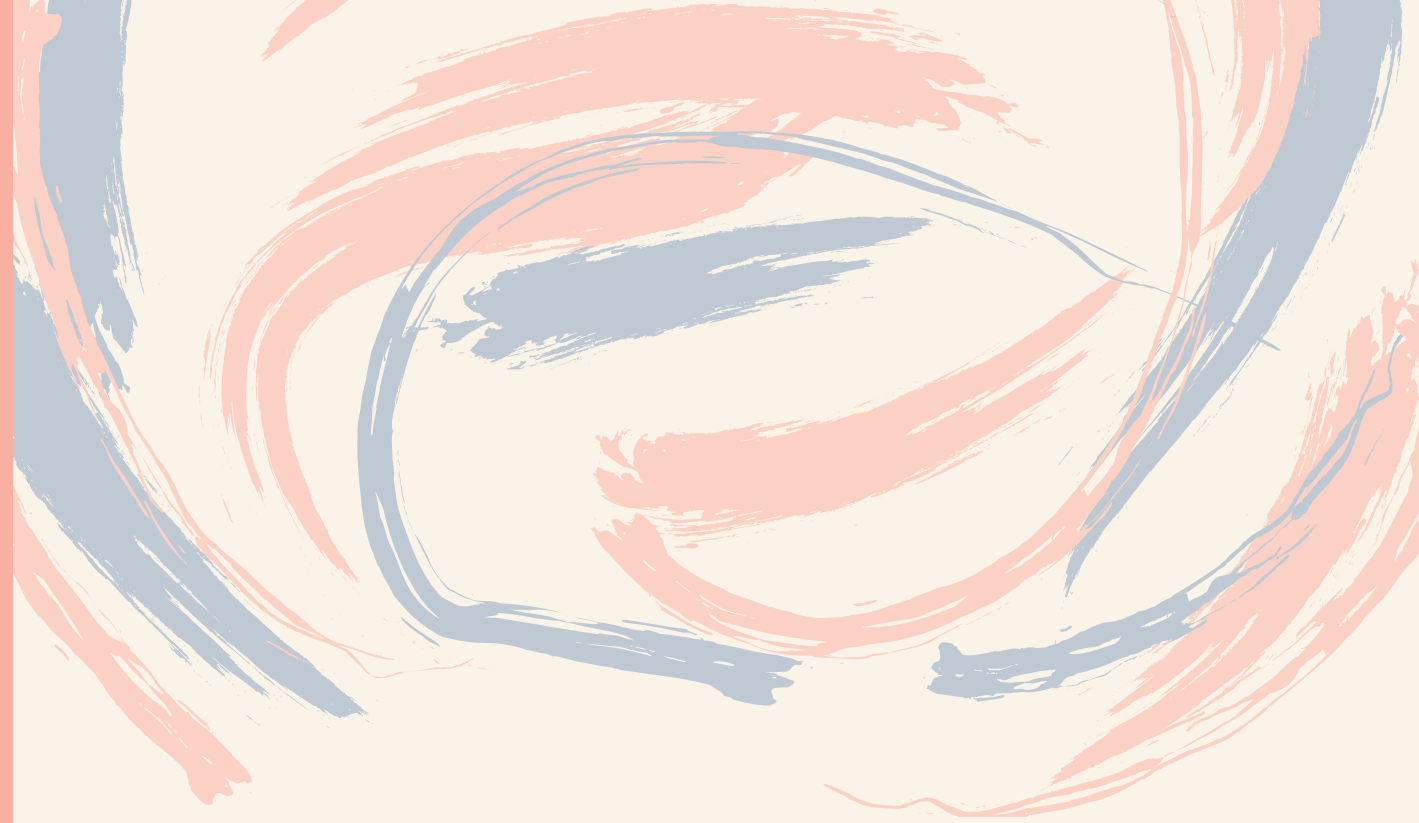


You are not alone.  
Your baby matters.  
Your feelings are valid.



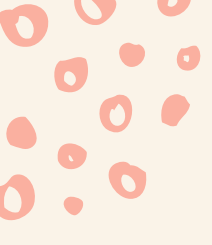
You are not alone.

Stillborn Still Loved Foundation  
[www.StillbornStillLovedFoundation.org](http://www.StillbornStillLovedFoundation.org)  
Email: [StillbornStillLovedFoundation@Gmail.com](mailto:StillbornStillLovedFoundation@Gmail.com)  
Join our Facebook Support Group:  
Stillborn Still Loved

I Wish I'd  
Known

Stillborn Still Loved Foundation



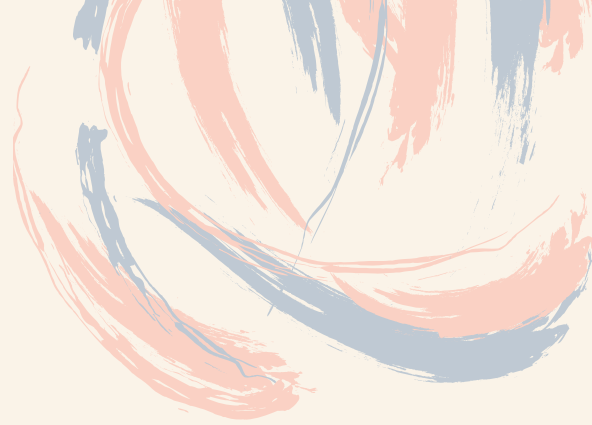


*You are doing the best you  
can. Here are some things  
to consider:*

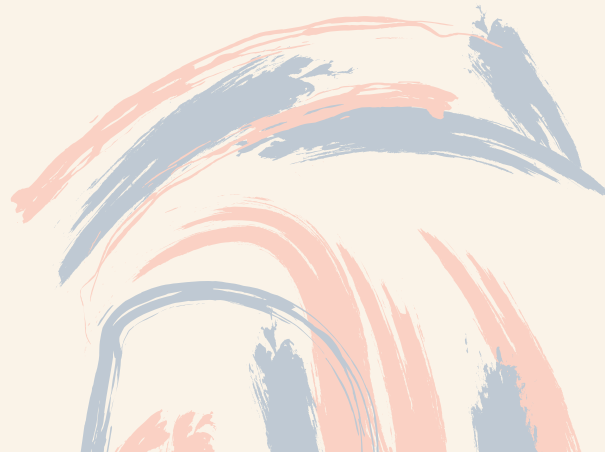
- Hold your baby.
- Take photos of your baby. Also, take photos of you and other family members holding your baby.
- Ask to keep your baby in your room, if it can be done.
  - Dress your baby in a special outfit.
  - Get hand and footprints done.
- Get a mold of hands and feet to have as a keepsake.
  - Write a letter to your baby.
- Speak up about what you need and are feeling to your hospital staff, family and friends.
- Have someone prepare meals for the next couple of weeks.

Above all, remember that there is no right or wrong way here. Do what feels right.

-



*Please remember:  
It's not your fault.  
It's okay to not be okay.  
There is no timeline for grief.  
There is no right or wrong way to  
grieve.  
You are still a mother.  
You are still a father.  
You matter.  
Your baby matters.*



This brochure was created to act as an advocate for you and your family during the tragedy of losing your precious baby. We understand the feelings that you are feeling and we want to help you in any way that we possibly can.

We understand that your world has come crashing down and nobody really knows what to say or do.

We have put together a list of things for you to consider. As grieving parents ourselves, we all have things we wish we would have known immediately after the loss of our baby.

This brochure is not to tell you what you should or shouldn't do. We just know that with everything happening so quickly, it's hard to think and if we can lift just one weight off your shoulders we will do just that.

