

## Tips for Coping

- Take time out for you to grieve. Reach out to your family and friends for support.
- Work on your relationship with your partner. Both of you may grieve differently; however, both of you are hurting. Be there to listen and support each other.
- Prepare a memory box or scrapbook.
- Write a letter to your baby. Other family members may want to write a letter and kids may want to draw pictures for the baby.
- Keep a journal or a blog.
- Look for grief resources from agencies, books, internet, counselors, or support groups.
- Plant a garden, tree, or build something in memory of your child.
- Make a donation in memory of your child or sponsor a child for a camp or school
- Organize a charity event in memory of your child.
- Decorate your child's grave site for holidays.
- Be patient with yourself. It is not your fault.

## Improved Pregnancy Outcomes

- Let your body recover from your previous pregnancy. World Health Organization recommends waiting at least 6 months before trying to get pregnant while other research shows varying times.
- Take Folic Acid 400 Micrograms daily to prevent major birth defects involving the spine and brain.
- See your doctor & discuss any medications or herbal products you are on which may affect a developing baby or if any vaccinations are recommended.
- Be smoke free, alcohol free, and substance free. Get help from Tobacco or Substance Abuse counselors if needed.
- Maintain a healthy weight.
- Avoid toxic substances at work or home such as chemicals, insecticides, cat or rat feces.
- Get mentally healthy. Are you ready for pregnancy? Feelings of anxiety, fear, stress, and grief over your loss may emerge during and after your pregnancy which is normal.
- Get prenatal care early
- Learn your family and partner's family health history. Your doctor may refer you for genetic counseling.

Frederick County Health Department : 301-600-1029  
Fetal Infant Mortality Review Board  
FCHD 7/11/13

This resource is available to be copied and shared.

**Help when  
experiencing  
miscarriage, still  
birth or loss of an  
infant**



**Frederick County  
Health  
Department**

# Resources

## Frederick County Local Bereavement Resources

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### Hospice of Frederick County

**240-566-3030**

Monday through Friday  
8:00am—4:30 pm

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### The Compassionate Friends

Frederick, MD chapter  
[www.tcffrederickmd.com](http://www.tcffrederickmd.com)  
[kimedmands@yahoo.com](mailto:kimedmands@yahoo.com)  
Kim Edmands  
**301-305-6378**

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### March of Dimes for Bereavement booklets

<http://www.marchofdimes.com/baby/loss.html>

Or call Nancy Wiley  
**301-723-7267**

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### The Whole Heart Grief and Loss Resource Center

[wholeheartcenter.org](http://wholeheartcenter.org)  
**800-682-0585**

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*Check local faith based organizations for counseling resources*

## State Organizations

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### Center for Infant and Child Loss:

800-808-SIDS or 410-328-4474

[www.infantandchildloss.org](http://www.infantandchildloss.org)

Provides counseling and support to newly bereaved families of sudden infant or child loss. There is a counselor on staff who can also refer families to other support groups in the community. This center is associated with the University of Maryland Medical System.

### Maryland Crisis Hotline:

**1-800-422-0009**

Statewide 24-hour crisis intervention and supportive counseling hotline for depression, suicide, loneliness, family and relationship problems, shelter needs, violent or threatening domestic situations, chemical dependency issues and others.

### Maryland Information and Referral Crisis Intervention:



## National Organizations

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### Aiding Mothers and Fathers Experiencing Neonatal Death [www.amendgroup.com](http://www.amendgroup.com)

Free support to parents experiencing grief to the loss of their baby. One-to-one peer counseling with trained volunteers.

### Dougy Center - [www.dougy.org](http://www.dougy.org) Provides online support for grieving families, children and teens.

### First Candle: 800-221-7437 [www.firstcandle.org](http://www.firstcandle.org)

Provides referrals to local support groups. Bilingual crisis counselors and are available 24/7.

### [www.griefnet.com](http://www.griefnet.com) - online support

### Grief Watch/Perinatal Loss [www.griefwatch.com](http://www.griefwatch.com)

Resources for pregnancy loss and support for general loss.

### KIDSAID [www.kidsaid.com](http://www.kidsaid.com)

Safe place for kids to share and help each other deal with grief.

### SIDS (Sudden Infant Death Syndrome) Hotline: 800-232-SIDS (7437)

[www.SIDS.org](http://www.SIDS.org)  
email: [prevent@SIDS.org](mailto:prevent@SIDS.org)

Provides telephone support.