

Bereavement Resources

**Florida Hospital
HospiceCare**
Volusia/Flagler
386-671-2138
1-800-404-1133

**Halifax Health
Hospice of Volusia/Flagler**
Bereavement Department
Volusia/Flagler
386-322-4738
1-800-272-2717

**The Lawrence E. Whelan
Begin Again
Children's Grief Center**
East Volusia/Flagler
386-258-5100
West Volusia
386-822-4852

Bereavement Websites

www.compassionatefriends.org
www.firstcandle.org/grieving-families
www.october15th.com
www.fhhospicecare.org
www.hovf.org

When To Call

If you have experienced the loss of a baby during pregnancy, after birth or up to one year of age, whatever the cause, please call us. We will arrange to visit you as soon as possible.

All services are free of charge and include:
Emotional/Grief Support Information
Resources & Referrals

For more information call:

**The Healthy Start Coalition of
Volusia & Flagler Counties, Inc.**

386-252-4277 Ext. 310

This brochure was produced by the FIMR Program with support from the Healthy Start Coalition of Flagler & Volusia Counties, Inc.
www.healthystartfv.org



Family Support Following a Pregnancy Loss or Loss of an Infant



Finding Your Way After Loss

**The Healthy Start Coalition of
Flagler & Volusia Counties, Inc.**
109 Executive Circle
Daytona Beach, FL 32114

To Parents and Families:

If you recently experienced the loss of a baby during pregnancy or in early infancy, the Fetal Infant Mortality Review (FIMR) Program extends our deepest sympathy. There simply are not words to express the depth of sorrow after such a loss.

The FIMR Program provides support to parents and families whose lives have been affected by the tragic death of a child or loss of a pregnancy. We can provide:

Support needed for emotional, physical, spiritual and social healing.

Referrals to resources needed immediately following a loss.

Information and emotional support to help deal with grief and other emotions following the loss of a baby.

When Your Baby Dies...

Whether your loss occurred during pregnancy or after birth, you may go through a variety of physical, emotional and spiritual experiences. Your emotions may be unpredictable and unstable. You may dwell on questions such as “what if...” and “if only...” You may also feel:

- ✦ Numbness
- ✦ Denial
- ✦ Confusion
- ✦ Anger or irritability
- ✦ Deep sadness
- ✦ Self-criticism and guilt
- ✦ Anxiety or loneliness
- ✦ Difficulty concentrating
- ✦ Physical sensation, tightness in the throat or chest, shortness of breath, a lack of energy, body aches or heart palpitations.

“Grief is a journey, often perilous and without clear direction, that must be taken. The experience of grieving cannot be ordered or categorized, hurried or controlled, pushed aside or ignored indefinitely. It is inevitable as breathing, as change, as love. It may be postponed, but it will not be denied.”
- Safe Passages, Molly Fumia

Taking Care of Yourself

Taking care of yourself is important. This experience may be overwhelming for the whole family, and you may feel alone at times. Here are some suggestions for taking care of yourself:

Sleep: Give yourself plenty of time to rest. Grief is emotionally and physically draining.

Exercise: Take walks or exercise frequently. Physical activity can reduce stress and may give you time to gather your thoughts.

Talk with others: Consider seeking out others through support groups, church groups, family or friends.

Cry, cry, and cry: Tears are very healing. You don't have to cry in front of others. However sometimes in the deepest of grief, it helps to cry with another person present.

Honor your feelings: Embrace your emotions. They may range from anger to sorrow to hope; everyone reacts differently.

Don't expect to “get over it:” You will begin to experience happy times again in your life, but you probably will never “get over it.” It is a gentle and gradual acceptance that happens over many years.

