

Bereavement Resources

Hospice of Volusia/Flagler

Daytona Beach: 386-258-5100

Orange City: 386-774-2188

Men's Bereavement Group

Contact Mark Olson

386-774-2188

Reflections & New Beginnings

East Volusia: 386-322-4701

West Volusia: 386-774-2188

Ormond Beach: 386-673-7770

Flagler County: 386-446-0300

Bereavement Websites

www.twinslist.org/bereavement.html

<http://griefnet.org/support/sg2.html>

www.compassionatefriends.org

<http://www.genesis-resources.com/brochures.htm>

<http://www.genesis-resources.com/brochures/myChildHasDied.htm>

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:

Home Visits

Emotional Support and Information

Resources and Referrals

Maternal Interview

For more information call:

Gladys Roman,

Health Services Manager at

(386) 947-2445

Family Support Following a Pregnancy Loss or the Loss of an Infant

Fetal & Infant Mortality Review Program

The Healthy Start Coalition of

Flagler & Volusia Counties

135 Executive Circle Suite 101

Daytona Beach, FL 32114

This brochure was produced by the FIMR Program with support from the Healthy Start Coalition of Flagler & Volusia Counties

www.healthystartfv.org



To Parents and Families:

If you recently experienced the loss of a baby during pregnancy or in early infancy, the 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 had 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, and
- 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 experiences, physically, emotionally and spiritually. 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 sensations - 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 at times you may feel alone. 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.