

A Guide to Bereavement and Healing



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Our deepest sympathies
are with you.

Written words of condolence simply cannot express the sorrow we feel for your loss. Losing a baby is an incredibly difficult experience. Our team and our community partners are here to help you and your family heal during this difficult time.

This guide is designed to clarify your next steps and provide tips and resources that others have found helpful. We are here to support you and answer any questions you may have.

AdventHealth Bereavement Support
407-303-8721

Next Steps

The following information is designed to help guide you through the common steps that many families follow after the passing of a loved one.

Informing Friends and Extended Family

Many families have found the following suggestions helpful.

- Call someone who will be able to support you either emotionally or in a practical way. Choose someone who can make family calls or care for children — to give you time to focus on matters which you alone need to address.
- Prioritize your calls. Family calls are important. But, after making a few key calls, ask trusted family members or close friends to make the calls so you can concentrate on other time-sensitive matters requiring your attention.
- Record a voicemail message that gives general information about the circumstances or redirects the caller to someone else. This can help give you the time to make arrangements before calling people back.

Funeral Arrangements for Your Baby

There are two basic types of funeral arrangements available — burial or cremation. The funeral home will discuss both of these options with you and can answer all of your questions. Most funeral homes offer compassionate rates for these services.

You are required to work with a funeral home to make burial or cremation arrangements if:

- Your baby was 20 weeks or more
- Your baby was less than 20 weeks and took a breath or had a heartbeat

You may wish to make burial or cremation arrangements with a funeral home if your baby was less than 20 weeks and did not breathe or have a heartbeat, but you are not required to do so.

Selecting a Funeral Home

A list of funeral homes in the area can be found on one of the inserts in the front of this book. We encourage you to have a close friend, family member or spiritual advisor help you make funeral arrangements. You may want to talk to several funeral homes to find the one with which you are most comfortable.

We encourage you to include family members in planning the funeral. The funeral should take place when you can attend.

You will be asked for your choice of a funeral home while you are in the hospital and have up to three days to make this decision. Please know that we are here to support you in this difficult time and can help answer any questions you may have about this process.

Once you have selected the funeral home, please call the security office or nursing to give your permission for the hospital to release your baby to that funeral home.

Altamonte, Orlando, Celebration,
Winter Park: **407-303-1916**

Daytona Beach: **386-231-3800**

Fish Memorial: **386-917-5896**

Heart of Florida, Waterman: **The nursing team will notify security on your behalf.**

When you make the call to security, they will need to know your name, the name of the baby, the medical record number (MRN) for the baby, and the name and phone number of the funeral home. Once you have supplied this information, the funeral home representative will take your baby to the funeral home.

*Blessed are those who
mourn, for they will
be comforted.*

Matthew 5:4

Funeral Homes With Compassionate Rates

Florida offers free or reduced cremation services for very low-income residents. If you are interested in learning more about this option, please contact the county programs below. You should contact the program for the county **where the patient passed away**, not the county where your family resides.

Lake County Indigent Burial	352-742-6521	Polk County Indigent Burial	863-534-6000
Orange County Indigent Burial	407-836-2642	Seminole County Indigent Burial	407-665-2300
Osceola County Indigent Burial	407-742-8400 #4	Volusia County Indigent Burial	386-736-5956

Orange County

All Faiths Funeral Home*
407-898-1698

Baldwin Brothers Funeral Home
407-851-1983

Baldwin Fairchild Altamonte Springs
407-831-2031

Baldwin Fairchild Apopka Chapel*
407-886-1461

Baldwin Fairchild Conway Chapel*
407-277-6700

Baldwin Fairchild Forest City
407-869-6065

Baldwin Fairchild Goldenrod Chapel*
407-677-5091

Baldwin Fairchild Ivanhoe Chapel
407-898-8111

Baldwin Fairchild Pine Castle Chapel*
407-855-5800

Beth Shalom Memorial Chapel
407-599-1180

Carey Hand Colonial*
407-898-2561

Community Funeral Home and Cremations*
407-855-0101

Dobbs Funeral Home
407-578-7720

Family Funeral Care*
407-812-4200

Gail & Wynn's Mortuary Home
407-522-4700

Highland Funeral Home*
407-869-1188

Loomis Funeral Home, Inc.
407-880-1007

National Cremation and Burial Society
407-365-1600

Newcomer Cremations, Funerals & Receptions*
407-277-4227

Orlando Direct Cremation Service—Baybreeze
407-869-8861

Postell's Mortuary
407-295-3857

Robert—Bryant Funeral Home*
407-426-9000

Seminole County

Baldwin Fairchild Oviedo Chapel*
407-366-8999

Banfield Funeral Home
407-327-1500

Collison Family Funeral Home & Crematory
407-678-4500

Family Funeral Care*
407-812-4200

Gramkow Funeral Home
407-322-3213

Hayes Brothers Funeral Home
407-645-4633

Osceola County

Conrad & Thompson Funeral Home*
407-847-3188

Fisk Funeral Home*
407-892-2155

Funeraria Porta Coeli*
407-846-2804

Grissom Funeral Home & Crematory*
407-847-3131

*Spanish-speaking staff available.

Please note: This is a resource list only and organizations listed are not specifically endorsed by AdventHealth.

**New Horizon Funeral
Chapel & Cremation***
407-891-2300

**Osceola Memory Gardens
Cemetery & Funeral Home***
407-847-2494

San Juan Funeral Home*
407-344-2515

Brevard County

**Beckman Williamson Funeral
Homes Cocoa Beach**
321-784-0116

**Beckman Williamson Funeral
Homes Rockledge**
321-635-1973

Brownie Maxwell Funeral Home
321-723-2345

Volusia County

**Allen Summerhill
Funeral Home***
DeLand: 386-734-4663
Orange City: 386-775-4664

Altman–Long
386-668-8880

Baldauff
386-775-2101

**Deltona Memorial
Funeral Home**
386-775-4260

**Dale Woodward Funeral Home
Daytona Beach**
386-253-7601

**Dale Woodward Funeral Home
Ormond***
386-441-1010

Lohman Daytona
386-267-1100

Lohman Deland*
386-736-0021

Lohman Deltona
386-860-5900

Lohman Ormond*
386-441-1010

Lohman Port Orange
386-761-1100

Unity Funeral Home*
386-740-1891

Lake County

Becker Funeral Home
352-394-7121

Beyers Funeral Home
352-787-4343

Hamlin Hilbish
352-357-4193

Harden Pauli
352-357-4126

Hayes Brothers Funeral Home*
352-589-4666

Page–Theus Funeral Home
352-787-5511

Steverson Hamlin Hilbish
352-343-4444

Polk County

Heath Funeral Chapel*
863-682-0111

James C. Boyd Funeral Home*
863-298-9511

**Johnson Nelson Gill
Funeral Home**
863-676-1431

Marion Nelson Funeral Home
863-676-2541

Oak Ridge Funeral Care*
863-422-3933

*Spanish-speaking staff available.

Please note: This is a resource list only and organizations listed are not specifically endorsed by AdventHealth.

Coping With Grief

As soon as you learned of your loss, you began your grieving process, the process by which we adapt our lives to our new reality. Grief is characterized by a deep sadness and an intense yearning to be with the person who has passed away. It's a normal response to loss that follows a wave-like pattern — where the waves tend to lessen in frequency and intensity as time goes on.

Grief is a very individual process and there is no "right way" to grieve. No two people will grieve in the same way, even parents who are grieving the passing of the same child. Many things will determine how you grieve. Among them are gender, personality, cultural background, religious affiliation, age and spiritual belief system. In years past, this process was thought to last anywhere from two days to a few weeks. However, current thinking — based upon years of research — suggests that grieving may not be fully resolved for several years.

When you began planning for the baby, you automatically built an emotional connection toward him or her. These feelings may have changed from time to time as the pregnancy progressed, and your feelings may have differed from those of your support person. But by the time the baby is due, both parents have done a great deal of planning, hoping and dreaming.

Therefore, the bonds between parents and their baby are strong ones — even before birth. When those bonds are broken by miscarriage, stillbirth or infant death, the parents are left with empty feelings, confusion and a host of new emotions. This is the process known as grieving.



Common Physical and Emotional Reactions

During the grieving process, you will experience a range of feelings, thoughts and behaviors. If you can define, acknowledge and express these experiences, you may find it easier to accept your responses and understand the grieving process. Grief reactions may include:

Shock and Numbness

You may act as if nothing has happened because you are temporarily numbed and overwhelmed by the experience and cannot comprehend the magnitude of the loss.

Emotional Release

This is when you begin to experience the feelings attached to the loss. Irritability and anger are common responses, and you may seem edgy to those who try to maintain your friendship. Allow yourself to try and express your sadness.

Physical Symptoms

You are likely to feel tightness in your throat, choking with shortness of breath, oversensitivity to noise, a need for sighing, an emptiness, fatigue or loss of appetite. You may also develop insomnia and become absent-minded.

Depression

Symptoms of depression include feelings of complete loneliness and isolation, insomnia, lack of appetite, restlessness and irritability. This is a good time to contact those who are concerned and able to provide support.

Anger

Feelings of anger at the unfairness of your circumstances are natural.

Panic and Pre-occupation with the Image of the Deceased

This is a very complex stage, and you may feel you are losing control of your thoughts. It may seem you can concentrate on nothing except your baby. There may be times you believe the baby to be present. You may dread being alone or have an unreasonable fear of danger. You might develop a fear for the safety of your other children while being scared to care for them.

Guilt about Everything Related to Death

You may feel like a failure and be overwhelmed with guilt. It is normal for you to feel guilty, but you must understand that you are not to blame. The death was not your fault, even though you may, for a time, feel like it was.

Hostile Reaction

These behaviors will be directed toward anyone you feel may have contributed to the problem, including yourself and God. Unprovoked anger is common, and it's important for you to vent your hostility. You are likely to continue anguishing over how you might have prevented the death.

Breakdown of Normal Patterns of Conduct or Inability to Return to Normal Activity

You may develop symptoms of confusion, wanting to be left alone and an inability to initiate and maintain organized activity. Your regular habits of social interaction may seem to be lost, and you may find it nearly impossible to associate with mothers of healthy babies. It may also disturb you to see pregnant women.

Integrated Grief

Reaching the point where your loss is integrated into your life is easier to achieve when others have supported and encouraged you. The length of time it will take to reach this point also depends on your ability to form a new and unexpected relationship with your baby within your new reality. This point may be reached by allowing expressions of grief — embracing the loss rather than denying it. Remember that all of your feelings about your loss are normal.

Re-adjusting to a New Reality

Throughout the grieving process you will change in many ways. Because of your experience, you may be able to relate to others in a deeper, more meaningful manner.

Grief Support Organizations

The following resources may be useful to you and your family during this difficult time.

Grief Support for Parents

H.E.A.L (Helping Endure Infant Loss)

407-303-5715

HEAL Pregnancy and Infant Loss Support Group is a seven-week structured support group for couples who have experienced miscarriage, stillbirth or infant death. The group is facilitated by qualified mental-health professionals. This program is sponsored by the Women's Center at AdventHealth and is offered at no charge to participants. Registration is required.

AdventHealth Pregnancy and Infant Loss Support Group

407-303-8721

This support group is for parents who have experienced the loss of a baby through miscarriage, stillbirth, SIDS or infant loss for any reason. The group is held the first Tuesday of every month. Please call for meeting location and time.

Perinatal and Neonatal Bereavement Support Group at Winnie Palmer Hospital for Women and Babies

407-649-6947

This is an open-ended support group for parents grieving due to the loss of pregnancy, stillbirth, or NICU (neonatal intensive care unit) loss. Grief counseling, peer support, art therapy and referrals for additional support are provided. The group is facilitated by qualified mental-health professionals (licensed clinical social workers and licensed mental health counselors) and held at Arnold Palmer Hospital (92 W. Miller St., Orlando, FL 32806) on the 2nd and 4th Tuesdays of every month from 6:00 to 7:00 pm. Call for more information or to RSVP.

The Finley Project

407-463-7576

TheFinleyProject.org

This 501(c)(3) organization provides a seven-part holistic program for mothers after infant loss, 20 weeks gestation up to 2 years old.

The TEARS Foundation

253-200-0944

TheTearsFoundation.org

The TEARS Foundation seeks to compassionately lift a financial burden from families who have lost a baby, by providing funds to assist with the costs of burial or cremation services. They also offer comprehensive bereavement care in the form of grief support groups and peer companions.

Healthy Start Coalition

Orange County:

407-858-1472

HealthyStartOrange.org

Polk County:

863-534-9224

HealthyStartHHP.org

Volusia County:

386-252-4277

HealthyStartFV.org

This program offers complimentary mental health counseling — including bereavement support — to women who have experienced a loss and are living in Orange or Volusia County.

For more information on Central Florida organizations serving bereaved families, please visit the Pregnancy and Infant Loss Resource Network (PILRN) at PILRN.org.

SIDS Alliance

800-SIDS-FLA

SIDSFla.org

This group provides family grief support for families who have experienced loss as a result of Sudden Infant Death Syndrome (SIDS).

Compassionate Friends

1-877-969-0010

CompassionateFriends.org

Compassionate Friends is a national organization offering friendship and understanding to bereaved parents through ongoing local chapter support group meetings.

**Angel of Hope
of Central Florida**

407-260-9222

AngelOfHopeCFL.org

The Angel of Hope of Central Florida is located in Sunshine Park at 888 Oakland Road in Altamonte Springs. A candlelight ceremony is held at the site each December 6 at 7:00 pm for all grieving parents. On October 15 at 7:00 pm a candlelight ceremony is held for the National Day of Remembrance for Pregnancy & Infant Loss.

Grief Support for Children

**New Hope Center for
Grieving Children**

For children ages 3-18

407-331-3059

NewHopeForKids.org

New Hope for Kids is a support center for grieving children (ages three to 18) and for those who are part of their lives. They are located at 544 Mayo Avenue in Maitland.

**Horizons Children's
Loss Program**

407-379-0497

HospiceOfTheComforter.org

The Horizons Children's Loss Program teaches students healthy, age-appropriate coping skills to help them on their journey of grief. Individual support for students K-12 is offered at the Horizons Bereavement Center in Altamonte Springs. School-based student support groups are offered in Orange and Seminole County Schools. Facilitated through AdventHealth Hospice Care Central Florida.

**The Lawrence E. Whalen Begin
Again Children's Grief Center**

East Volusia/Flagler:

386-258-5100

West Volusia: 386-822-4852

This center is for children ages 4-18 who have experienced the death of a loved one.

Note: This is a resource list only and organizations listed are not specifically endorsed by AdventHealth.

The Importance of Communication with Your Partner

All of the emotions, thoughts and behaviors associated with grief are normal reactions to a tragic situation. However, mothers and fathers may experience and/or express them in very different ways. For example, a mother may appear devastated, cry most of the time and express feelings of not being able to go on. A father — who may be equally distraught — may believe he needs to appear strong. He may go back to work soon after the loss in an effort to function normally.

These differences can cause a great deal of conflict between mothers and fathers. It is important that you communicate with each other to avoid misunderstandings. What one sees as an uncaring attitude could really be an attempt to shield and protect the partner by covering true emotions. Being honest about your feelings and sharing them with your partner is very helpful during this time. Accepting one another's feelings, even if you do not feel the same way, can help you heal together.

Reactions of Relatives and Friends

You can expect a wide range of reactions from those who are close to you. Some will be able to listen, understand and empathize. Others may try to limit their conversations with you. You may find that the friends and relatives you look to for support are not readily available. This is because many people are unable to deal with the thought of death and may think they are protecting you from your grief by not talking to you about your baby. They are not trying to avoid you; it is the topic they do not want to confront.

There are those who might seem somewhat unsympathetic because they do not understand the strength of the bonds you have developed with your child. Some will be understanding for a few days or weeks, expecting you to “get over it” in that amount of time. They do not realize that grieving is a time-consuming process. Some may even make comments that seem insensitive and cruel. These comments will likely bring you more pain than comfort, even though they are not meant to.

As time goes by, those who offered you strength in the beginning may come around less frequently as they get involved again in their own activities. Do not hesitate to ask them for the attention you need. It is likely that they do not realize that you still need them.

In time, you will learn what to expect from people, and you will develop ways of responding that work best for you.

“The agony is great and yet I will stand it. Had I not loved so much, I would not hurt so much. But goodness knows, I would not want to diminish that precious love by one fraction of an ounce. I will hurt. And I will be grateful for that hurt for it bears witness to the depth of our meaning. And for that I will be eternally grateful.”

Dr. Elisabeth Kubler-Ross



Helping Children Understand

Age	Understanding of Death	Common Grief Reactions	Ideas to Help Cope
Children 3 Years of Age & Under	No Understanding	<ul style="list-style-type: none"> • Notice an absence of the person • Notice change in routine 	<ul style="list-style-type: none"> • Try to maintain a consistent routine • Spend quality time with just the child
Pre-School & Young Children	<ul style="list-style-type: none"> • Do not understand death is final • May think they will see the person again or that they can come back to life • Magical thinking 	<ul style="list-style-type: none"> • May be clingy and want extra attention • May express fears by withdrawing, or having tantrums or nightmares • Regressing to earlier behaviors • Repeatedly engage in play or talk about death and the person who has died • May become upset when/if their routine changes 	<ul style="list-style-type: none"> • Offer consistent answers when questioned frequently about the death • Maintain routines, allowing time to play • Reassurance that the death was not their fault and death is not contagious • Use concrete language such as “dead” or “death” • Allow children to be a part of the rituals and memory-making activities • Identify a point person to offer consistent attention and support
School-aged Children	<ul style="list-style-type: none"> • Egocentric thinking, concerned about life outside of the hospital (day-to-day routines, school, etc.) • Begin to realize that death is final and people do not come back to life • May have scary beliefs about death 	<ul style="list-style-type: none"> • May ask lots of questions about how the person died and about what death means • Physical complaints (headaches, stomachaches) • May have trouble sleeping or dream of events related to the death • Concerned about how to maintain their routine (Will I still get to ride my bike to school?) 	<ul style="list-style-type: none"> • Allow a choice to see the deceased person • Simple concrete language such as “dead” • Offer activities that encourage expression of emotions • Allow children to be a part of the ritual and memory making activities • Identify a point person to offer consistent attention and support
Teens	<ul style="list-style-type: none"> • Understand death is final • Need “straight talk” — honest, concrete explanation • May need to deal with issues regarding cause and fault 	<ul style="list-style-type: none"> • May have similar grief reactions to those of school-aged children when at home, school or with friends • May withdraw or lose interest in activities • May worry about the future or hide their true feelings • High desire to be around peers 	<ul style="list-style-type: none"> • Allow a choice to see the deceased person • Honest, concrete explanations • Allow children to be a part of the ritual and memory making activities • Provide linking object to keep (Grandma’s necklace or a baby sibling’s knitted cap) • Give the child a job at family gatherings

Common Misconceptions about Children’s Grief

Although a parent’s initial instinct may be to protect or shelter children from sadness, most professionals agree that it is better to be open and honest with them about death. Seeing adults cry will not be harmful to a child. It may even be comforting for the child to know that adults have the same feelings he or she has. While this is difficult, allowing your sadness to show and sharing these feelings with your children can be a meaningful experience for all. It is important that children know about the death as soon as possible. It is best to try to use concrete, easy to understand words about death and try to avoid using expressions that may be confusing to children such as “God took the baby to heaven because he needed the baby more than we did.” If you don’t know how/why the person died it is appropriate to tell children that you don’t know.



Physical Care for Mom

Vaginal Flow

You may have medium to heavy vaginal bleeding for the first few days after delivery. For the next few weeks, you may have light pink to brown discharge. If bleeding stays very heavy or if it has a bad odor, call your doctor.

Perineal Care

Keep the area clean. Rinse it with warm water from a plastic squeeze bottle every time you finish going to the bathroom. Avoid getting water into your vagina. You may shower, but do not take a bath or swim in a pool until a doctor tells you to. Do not use a vaginal douche.

Temperature

Check your temperature for the first week, two times a day. If your temperature goes above 100.5 degrees two times in a row, call your doctor.

Abdominal Pain

You may have mild cramping for a few days after delivery. This usually gets better with over-the-counter pain medicine. If the pain is bad and/or you have a fever, call your doctor.

Activities

Go back to your usual activities little by little. If you find some activities are too difficult to complete, refrain from doing them until your strength returns.

Sex and Related Activities

Do not put anything in the birth canal (no sexual intercourse, tampons, diaphragms) for four to six weeks or until your doctor tells you.

Nutrition

Eat healthy foods you like, even if you are not hungry. Drink plenty of liquids.

Call your doctor right away if you feel short of breath, have chest pain, have bad leg pain (with or without swelling), or have any other questions or concerns.

Breast Care

The birth of your baby stimulates hormones that tell your body to make milk. Milk usually comes in three to five days after a baby is born. Doing nothing to stimulate your breasts will send the message to your body to stop producing milk.

How to Care For Your Breasts if Your Milk starts to Come In

- Your breasts may start to feel warm and firm
- Put ice packs on them for 10-15 minutes every few hours
- If the pain and swelling did not stop when using ice packs, use clean, chilled raw green cabbage leaves on your breasts. The cabbage helps to quickly cut down on the painful swelling
- Breast pain can last a few days. Ask your doctor which pain medication you can use for breast pain
- During this time, you might run a low-grade fever.

How to Care For Your Breasts if Your Milk is in and You Have Been Pumping or Breastfeeding

- Because you have started to make milk, it will take time for your milk production to stop.
- Do not stop pumping right away. Breast infections can occur when pumping is stopped too quickly.
- Learn the signs of a breast infection, known as infectious mastitis. If there are warm, red, firm or painful areas on your breasts it may be an infection. You may also experience a fever and chills. Do not ignore these signs. Call your doctor right away if you are experiencing any of these symptoms.
- To slowly stop your milk production, drop one pumping every two days. Then, pump to ease the pressure in your breasts. Put ice packs on your breasts if they are sore. It may take one to two weeks for your milk supply to completely stop.
- Put clean, chilled, raw green cabbage leaves on your breasts if the swelling and pain did not stop when using the ice packs.
- If interested, you may consider donating your breast milk to a milk bank.



Donating Breast Milk After the Loss of a Baby

Mission

The mission of the Mothers' Milk Bank of Florida is to promote health and healing by collecting, processing and distributing pasteurized, donor human-milk by physician prescription, using the guidelines from the Human Milk Banking Association of North America.

What if I want to donate my milk?

We are deeply sorry for the loss of your baby. Many women find great healing by donating breast milk in honor of their baby. Mothers' Milk Bank of Florida can help guide you through the steps to successful donating. We pay all costs for screening and processing your milk.

If you express and store your milk, you may be able to donate it to help a fragile infant live. According to the Food and Drug Administration (FDA), donating through a non-profit milk bank is a safe way to share your milk.

Who will receive my milk?

Mothers' Milk Bank of Florida will process your milk and send it to neonatal intensive care units that care for premature infants. Medically fragile babies benefit from the special early milk that mothers make in the first few weeks of lactation.

Why am I lactating when I don't have my baby?

The birth of your baby stimulates hormones that tell your body to make milk. Milk usually comes in three to five days after a baby is born. Doing nothing to stimulate your breasts will send the message to your body to stop producing milk. Stimulating your breasts tells your body to keep making milk. Milk can be expressed either by hand or with a pump.

Requirements for Donating

- You must be in excellent health.
- You must be a non-smoker.
- Milk must not be frozen longer than 8 months.

There should be no cost to you for donating your milk. The time you take pumping your milk for donation is greatly appreciated and a huge gift to tiny babies at risk.

Steps for Donating

- Call 407-248-5050 for a 10-minute phone screening.
- Complete and return the mother's milk donor informational packet.
- Schedule your cost-free blood test to verify your milk is safe for critically premature infants.
- Bring your frozen milk to a depot or milk bank. We can also help you ship your milk to the bank.

Mothers' Milk Drop Depots:

AdventHealth Daytona Beach

301 Memorial Medical Parkway
Women's and Children's Unit, 4th Floor
Daytona Beach, FL 32117 | 386-231-3152

AdventHealth for Women

601 East Rollins Street
Breastfeeding Center, 1st Floor
Orlando, FL 32804 | 407-303-7650



One Blood Building

8669 Commodity Circle, Suite 490
Orlando, FL 32819

407-248-5050 | MilkBankOfFlorida.org
Info@MilkBankOfFlorida.org

Suggested Reading

The following books, pamphlets and articles are provided to serve as a reading guide during this difficult adjustment time.

- “Holding on to Hope” by Nancy Guthrie
- “Waiting with Gabriel: A Story of Cherishing a Baby’s Life” by Amy Kuebelbeck
- “Empty Cradle, Broken Heart: Surviving the Death of Your Baby” by Deborah L. Davis
- “Stillborn, Yet Still Born” by Deborah L. Davis
- “Losing Malcolm” by Carol Henderson
- “Spirit Babies: How to Communicate with the Child You’re Meant to Have” by Walter Makichen
- “Partners in Pregnancy, Partners in Pain” by Gary Vogel, LMHC
- “The Fall of Freddie the Leaf” by Leo Buscaglia

For Fathers

- “Miscarriage: A Man’s Book” by Rick Wheat
- “Strong and Tender: From Perinatal Loss, a Guide for Fathers Whose Baby Has Died” by Pat Schwiebert

For Teens

- “After the Loss of Your Baby” by Connie Nykiel

For Siblings

- “Angel Instead” by Pat Schwiebert
- “No New Baby” by Marilyn Gryte
- “Remembering Our Baby” by Patty Keough

Hope

Hope is the thing with feathers

That perches in the soul

*And sings the tune — without
the words,*

And never stops at all”.

Emily Dickinson

Our Health Equity Promise

Patient Protection and Affordable Care Act: Section 1557

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. This facility does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

AdventHealth provides free aid and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

AdventHealth provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, please call 407-303-5600 x1106707.

If you believe that this facility has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance or request that someone assist you with filing a grievance at 407-200-1324 or fh.risk.management@adventhealth.com.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically, through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at hhs.gov/ocr/office/file/index.html.

The statements below direct people whose primary language is not English to translation assistance.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi theo số điện thoại dưới đây.

注意: 如果您使用中文, 您可以免费获得语言协助服务。请拨打下面电话号码。

Atansyon: Si ou pale kreyòl Ayisyen, gen sèvis asistans nan lang ou ki disponib gratis pou ou. Rele nimewo ki anba an.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 아래의 번호로 전화하십시오.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer podany poniżej.

ملحوظة: إذا كنت لا تتحدث اللغة الإنجليزية فإن خدمات الترجمة متوفرة لك مجاناً. الرجاء الإتصال بالرقم أدناه:

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro ci-dessous.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tawagan ang numero sa ibaba.

ВНИМАНИЕ! Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Для этого позвоните по нижеуказанному номеру.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie die untere Nummer an.

सुचना: जे तमे गुजराती बोवता हे, तो निःशुल्क भाषा सहायता सेवां तमारा माटे उपलब्ध हे. नीचे नं० पर फोन करो.

ATENÇÃO: Se você fala português, disponibilizamos serviços lingüísticos gratuitos. Ligue para o número abaixo.

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। नीचे लिखे नम्बर पर सम्पर्क करें।

اگر شما فارسی زبان هستید، خدمات کمکی زبان بطور مجانی در دسترس شما قرار دارد. تو شماره زیر زنگ بزنید.

توجہ فرمائیے۔ اگر آپ اردو بولتے/بولتی ہیں تو آپ کے لئے لسانی خدمات مفت میسر ہیں۔ ذیل میں دئیے گئے نمبر پر کال کریں۔

注意: 日本語でお話になりたい場合には、無料の通訳サービスをご利用いただけます。下記の番号にお電話してください。

ໄປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອ ດ້ານພາສາ, ໄດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ກະລຸນາໃຫ້ນໍາເອົາເບີຊື່ສູງລຸ່ມ

LUS CEEB TOOM: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu tus xojtooj hauv qab no.

ATTENZIONE: Se parlate italiano, sono disponibili dei servizi di assistenza linguistica gratuiti. Chiamare il numero sotto indicato.

407-303-5600  407-303-3025

Acknowledgements

AdventHealth would like to thank and recognize the following organizations for the services they provide to our patients and families.

Angel Gowns Florida

This ministry creates gowns for newborns that have passed away in the hospital. The gowns are made from donated wedding dresses. For more information visit [Facebook.com/AngelGownsFlorida](https://www.facebook.com/AngelGownsFlorida).

Baby Face Portraits

Specializing in remembrance photography. For more information visit [MyBabyFacePortraits.com](https://www.MyBabyFacePortraits.com).

Bridget's Cradles®

Bridget's Cradles provides knitted/crocheted cradles for babies born into Heaven during the second trimester of pregnancy. These cradles are soft and shaped to bundle the baby in love. They are designed for families to feel comfortable while holding and bonding with their baby. For more information visit [BridgetsCradles.com](https://www.BridgetsCradles.com).

Now I Lay Me Down to Sleep

This group introduces remembrance photography to parents suffering the loss of a baby with a free gift of professional portraiture. Specially trained, professional photographers create beautiful heirloom portraits for families facing the untimely death of an infant. These images can serve as an important step in the family's healing process by honoring the child's legacy. For more information visit [NowILayMeDownToSleep.org](https://www.NowILayMeDownToSleep.org).

Sunshine State Angel Gowns

This project serves those who have experienced the death of a child due to early pregnancy loss, stillbirth, SIDS or other causes in the first few years of life. Gowns are made of donated wedding dresses to bring a full circle of love and bring comfort to grieving families. For more information visit [MyAngelGowns.com](https://www.MyAngelGowns.com) or call 407-760-0130.

With Our Sympathy

“The Lord Is Close to the Broken-Hearted.”

PSALM 34:18 (NIV)

May you sense God’s comfort and strength very close to you at this time of loss.

**Should you desire the support of our chaplains, call 407-303-6611,
or call the bereavement support line at 407-303-8721.**