

If you have requested these resources, you may be suffering from the loss of a child from miscarriage, stillbirth, and infant death. We are so sorry for your loss whether it was recent or many years ago. We hope that this list of resources available here is helpful in the grieving process. It is by no means an exhaustive list.

Books

Grieving Together: A Couple's Journey through Miscarriage by Laura Kelly Fanucci and Franco David Fanucci

Laura and Franco Fanucci understand. After struggling with infertility, they miscarried their third child in the first trimester. Later, their twin daughters were born prematurely and lived only a few days. Laura and Franco are here to tell you that, while your miscarriage is a deeply personal loss, you are not alone. "The Lord is close to the brokenhearted, saves those whose spirit is crushed." (Ps 34:19)

After Miscarriage: A Catholic Woman's Companion to Healing & Hope by Karen Edmisten

A book about grief, healing, and hope after miscarriage. Not afraid to examine the raw emotions that accompany such an experience, the author tells women that they are not alone in reacting strongly, even frighteningly, to their loss and reassures them that hope and healing will come. Having experienced multiple miscarriages herself, Karen shares excerpts from her personal journals, as well as other women's stories, rich quotes about grieving and the healing process, and practical advice. A helpful resource section includes a wide variety of information from both Catholic and secular sources.

Blessed Is the Fruit of Thy Womb: Rosary Reflections on Miscarriage, Stillbirth, and Infant Loss by Heidi Indahl

Mothers who travel the hard road of miscarriage, stillbirth, or infant loss often feel profoundly alone; few people who haven't experienced it truly understand its heart-wrenching nature. The Blessed Mother understands pregnancy and infant loss, and wants to offer us comfort and encouragement. The mysteries of the rosary are her perfect tools for doing so. Mary's journey closely reflects the journey of women experiencing pregnancy and infant loss, one that travels through joy, sorrow, and, eventually, glory. This book invites grieving mothers to let the Blessed Mother accompany them on their journey of grief and healing.

We Were Gonna Have a Baby, But We Had an Angel Instead by Pat Schweibert (children's book)

This book addresses the issues that children may face over the loss of an unborn child and also gives parents practical and sensitive advice to help their children cope with the death. This story is a great way to begin talking and listening to your child about losing a baby. It is a great starting point about how the different ways people mourn, about what each person hoped for with the baby and how this is now lost. The book helps children identify their hopes and dreams of being a big brother or sister and lets them express these feelings.

Something Happened by Cathy Blanford

This simple, clear story is designed to help a young child understand what has happened when there has been a pregnancy loss. The book addresses the sadness that a child experiences when the anticipated baby has died. The child's fears and feelings of guilt are addressed as well as other confusing feelings. Perhaps most important, the book includes the family's experience of going on with life while always remembering their baby. The child reading the book is left with a sense of reassurance that life continues and he is still a vital part of a loving family.

Nursery of Heaven - by Patrick O'Hearn and Cassie Everets

Miscarriage, stillbirth, and infant loss happen more often than we realize, leaving many to suffer in isolation. Nursery of Heaven is a companion to help those grieving from child loss as they search for comfort and meaning. Not only will couples be able to relate to the experiences from saints such as Louis and Zelig Martin, Gianna Molla, and Servant of God Chiara Corbella Petrillo, they will also receive hope and consolation in their sufferings from parents who have suffered a similar loss. Along with such beautiful prayers as Blessing of Parents After a Miscarriage or Stillbirth, the Order for the Naming of an Infant Who Died Before Birth, and various Novenas, this book also provides practical wisdom for our pastors, family and friends to help those who are grieving their child find healing.

ONLINE RESOURCES

Catholic Miscarriage Support is a website with practical and spiritual support, information and resources for Catholic families experiencing miscarriage. It is written by lay Catholics and provides information from grief support to the physical process of miscarriage. You are not alone and there are many people who have walked this journey who would like to walk it with you and your family.

<https://www.catholicmiscarriagesupport.com/>

Lost Innocents Blog is a blog and website that has practical help for miscarriage from an Orthodox Christian perspective. Resources and personal blogs on the physical process, comfort, and information for friends and families are included in the resources. <https://lostinnocentsblog.wordpress.com/>

Red Bird Ministries (RBM) is a non-profit Catholic grief support ministry serving individuals and couples who have lost someone they love, with special attention for those who have experienced the loss of a child from pregnancy through adulthood, and those who have lost a spouse or parent. The organization was formed to help people understand grief, how to navigate through it, and most crucially, how to begin the healing process. It is Catholic because of the critical role the Church's Sacraments play in conjunction with the other disciplines in our approach. [Red Bird Ministries \(www.redbird.love\)](http://www.redbird.love)

Elizabeth Ministry is an international movement designed to offer hope, help, and healing on the intimate issues of life, loss, and love. We encourage, educate, and equip people through mentoring, programs, and resources related to relationships, sexuality, and childbearing.

<https://www.elizabethministry.org>

Living With Loss: Hope and Healing for the Body, Mind and Spirit (formerly known as Bereavement Magazine) is a support group in print offering articles, stories, poems and resources for the bereaved by grief educators and presenters, facilitators and caregivers, authors and writers, and most important the bereaved themselves. <https://www.bereavementmag.com/>

Grief Digest is a magazine that offers hope, information, and support for those who have experienced the death of a loved one. It provides stories and articles dedicated to bereavement support and education. This is a publication of Centering Corporation which also provides access to an on-line catalogue of grief-related books and materials for infant loss, children & grief, and general grief resources. <https://centering.org>

Compassion Books is a source for carefully selected and often hard-to-find books, audio and video recordings on death, dying, and bereavement, for children and adults. It carries almost 500 titles of exceptional resources to help people through loss and grief. www.compassionbooks.com

Shrine of the Unborn at the Shrine of the Holy Innocents is the world's only shrine dedicating children who have died before or at birth. You can submit your baby's name for the Book of Life and light a candle in their memory. <https://www.shrineofholynnocents.org/shrine-of-the-unborn>

United States Catholic Conference of Bishops offers information and articles regarding the Catholic faith. <https://www.usccb.org/> and <https://www.usccb.org/committees/pro-life-activities/solace-and-strength-sorrow-miscarriage>

For Your Marriage article: <https://www.foryourmarriage.org/blogs/miscarriage/>