



STAR LEGACY
FOUNDATION

RESOURCE CATALOG

*Resources For Your Important Work With
Perinatal Patients and Their Families*



INTRODUCTION

Caring for families who are experiencing the death of a baby during pregnancy or infancy is among the most challenging tasks in health care. Early stages of parenthood are supposed to be happy moments filled with excitement and joy. This only makes it that much more devastating when they are filled with sorrow and grief. The one constant in all scenarios is love for the baby and the need for care and compassion. Health professionals who provide that critical support can be a source of hope and light for people in their darkest days.

Star Legacy Foundation is a community of families and health professionals who are here to help you and the families you serve along the way. We hope the items here will be helpful information and resources. The prenatal care pieces are designed to empower families with information that could prevent them from joining the 'club' of bereaved parents.

Please let us know if we can support you, your team, and your clients! Thank you for sharing our belief that Every Pregnancy Deserves a Happy Ending.

Lindsay Wainwright, CPNP

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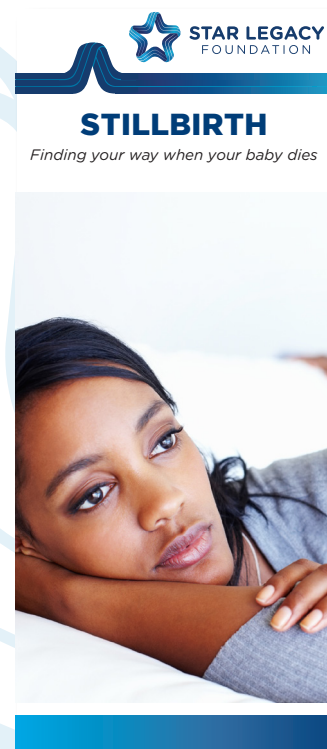


SLF General Brochure

Includes general information about Star Legacy Foundation and our mission, vision, programs and projects.

Stillbirth Brochure

Helpful information for parents who anticipate or have experienced the stillbirth of their baby. Also available in Spanish, Hmong and Somali.

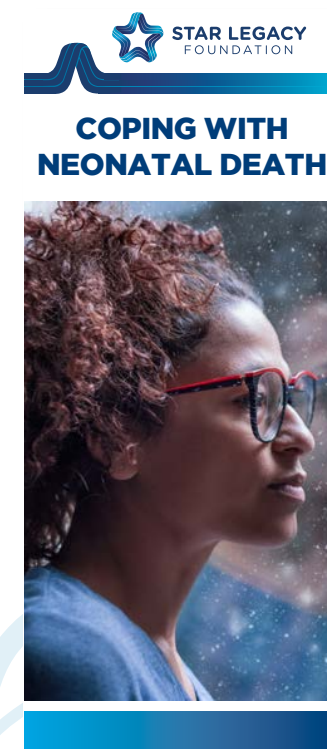
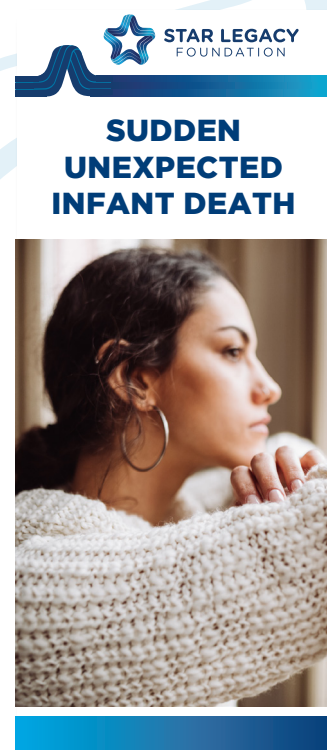


Navigating Miscarriage

helpful information for parents experiencing a miscarriage including definitions, causes and navigating their own grief. Also available in Spanish, Hmong and Somali.

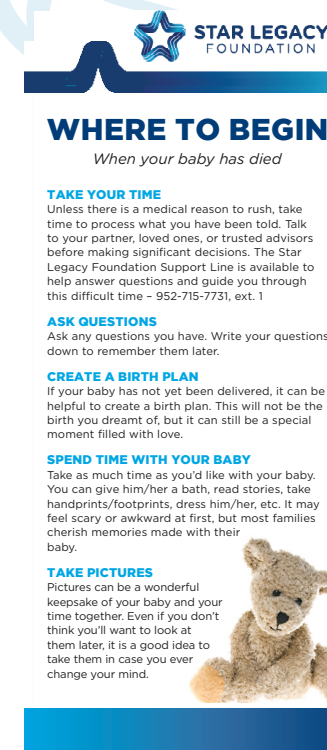
Sudden Unexpected Infant Death

This brochure is intended for the family experiencing the completely unexpected death of their infant. It includes information on definitions, family impact, grief and physical and emotional care going forward. Also available in Spanish, Hmong and Somali.



Coping With Neonatal Death

This brochure supports families anticipating or experiencing the death of their newborn baby. It offers information on what to expect, physical and emotional care and ways to create memories of the baby.



Where to Begin When Your Baby Has Died

At the time of a baby's death, reading volumes of information is just not likely or even possible. This brief card provides concise information that is timely and most important at the time of a death or when a stillbirth is anticipated. Greater details are available in other brochures. Also available in Spanish, Hmong and Somali.

Coping With Infant Death

This brochure provides support to parents and families who experience the death of their baby when the cause of death is apparent. Whether accidental or anticipated this brochure provides information on creating memories, physical and emotional care and supportive resources. Also available in Spanish, Hmong and Somali



A Father's Grief

Dads are often overlooked out of concern for the mother when a baby dies. In addition, Dads feel the need to take care of their partner and tend to push their own grief into the background. This brochure is intended to help fathers understand that their grief is real, what to expect and how to cope. Also available in Spanish, Hmong and Somali.



CARING FOR YOURSELF
After a perinatal loss



Caring For Yourself After Prenatal Loss
A mother's body doesn't realize that her baby died. It carries on - the post-partum discomforts are real including in many cases the production of milk. This brochure helps mothers understand what to expect and how to manage her physical and emotional discomforts. Also available in Spanish, Hmong and Somali.



GRIEF OF GRANDPARENTS




Grief of Grandparents
Grandparents experience a unique duality in their grief when a baby dies. This brochure helps grandparents to understand the nature of their grief and ways to be supportive of their own children immediately and going forward.



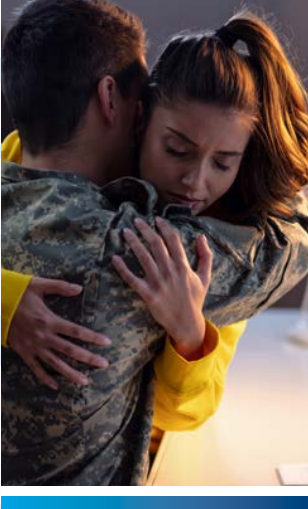
FAMILY & FRIENDS
How you can help when a baby dies




Family & Friends
This brochure is a guide for friends and extended family members when a baby dies. It is intended to help individuals know how to best support grieving parents and grandparents at this very difficult time.




INFORMATION FOR MILITARY FAMILIES
Regarding the Death of a Baby




Information For Military Families
The US armed forces has unique benefits available to military families who experience the loss of a pregnancy or the death of their baby. This brochure reviews these benefits.




FINDING ANSWERS
Options for testing after a baby dies



Finding Answers
This brochure is designed to facilitate difficult conversations to ensure families understand the options for testing that are available after the death of their baby. Content includes information about autopsy, blood tests, common concerns, and possible benefits.



TALKING WITH CHILDREN
About perinatal loss



Talking With Children
The birth of a new baby is anticipated by the entire family, including other children. This brochure helps to explain what children understand at various developmental levels and how to talk to them about the baby. This includes both children living at the time of the loss as well as children born subsequent to the loss.




Minnesota Center for Stillbirth & Infant Death
Established in 2019 with support from the Minnesota Department of Health, this brochure describes the programs and projects available to Minnesota families who suffer pregnancy loss or the loss of a baby up to one year of age.



PARENTING IN PREGNANCY:
Taking care of baby starts now!



Parenting In Pregnancy Booklet
This booklet is for the pregnant woman anticipating the birth of a baby. It can be given very early on as it includes recommended healthy pregnancy habits. Also included is the most current information on topics such as monitoring your baby's behavior, safe sleep and more. A brief summary card of this information is also available. Also available in Spanish, Hmong and Somali.

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PARENTING IN PREGNANCY

Taking care of baby starts now!

Pregnancy is an exciting time to prepare for a new life. But many new parents don't realize that your parenting duties begin now!

ADOPT A HEALTHY LIFESTYLE
Maintain a healthy weight, exercise, eat a balanced diet, stop using tobacco, alcohol, or other recreational drugs, and reduce stress.

KNOW YOUR RISK FACTORS
Talk to your health provider about any risk factors for poor outcomes.

- Maternal infections
- Moms over 35 years old
- Gestational Diabetes
- High blood pressure
- Maternal health conditions (lupus, kidney, heart, or thyroid disease, anti-phospholipid syndrome, etc.)
- African American or Native American ethnicity
- History of previous poor pregnancy outcome (preterm birth, small for gestational age baby, stillbirth, neonatal death)
- Use of assistive reproductive technology
- Pregnancy beyond 40 weeks
- Poor growth in baby
- Change in baby's movements

LEARN ABOUT YOUR BABY
Your provider may recommend blood tests, urine cultures, and ultrasounds to monitor your baby's health.

Parenting In Pregnancy (reminder card)


This card is a review of topics covered in the Parenting in Pregnancy Booklet - it talks about healthy lifestyle during pregnancy, knowing your risk factors, learning to know your baby, quality sleep, monitoring baby and listening to maternal intuition. Also available in Spanish, Hmong and Somali.

Pregnancy Following Loss

A pregnancy subsequent to a previous loss is filled with anxieties and unknowns. This brochure offers guidance on when to plan another pregnancy, what to expect in a future pregnancy, emotional and physical care in a future pregnancy. Also available in Spanish, Hmong and Somali.

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PREGNANCY FOLLOWING LOSS



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PROVIDING COMFORT

When a baby dies
A quick reference for health professionals

FIRST FEW HOURS

- Say, "I'm sorry"
- Use the baby's name
- Reassure the mother she didn't cause the death
- Provide a private space for loved ones to wait or gather
- Be mindful of non-verbal communication
- Answer questions clearly and repeat important information

WHAT TO SAY AND DO

- Be present
- Give them time to make decisions
- Remember fathers, partners, grandparents, siblings, and other loved ones
- Connect them with peer support and other resources
- If you do not know the answer to their questions, find someone who does

OFFER TIME WITH BABY

- Provide time for them to say 'hello' to their baby before saying 'goodbye'
- Create keepsakes for the entire family
- Honor cultural or religious beliefs. If you are unsure, it is okay to ask.
- Encourage them to take photos
- Help them parent the baby by bathing, dressing, diapering, reading, etc

Providing Comfort

This quick reference card is intended to be a tool for healthcare providers when caring for a perinatal loss patient.

Support Card Information

Star Legacy Foundation offers numerous support resources for bereaved families including support groups, grief support phone line and peer companions.

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Virtual Support Groups

BEREAVED PARENTS GROUP
1st & 3rd Monday of the Month
Eastern: 7:00p • Central: 6:00p
Mountain: 5:00p • Pacific: 4:00p

PREGNANCY AFTER LOSS GROUP
Weekly on Monday
Eastern: 8:30p • Central: 7:30p
Mountain: 6:30p • Pacific: 5:30p

DAD'S GRIEF DISCUSSION GROUP
2nd Monday of the Month
Eastern: 7p • Central: 6p
Mountain: 5p • Pacific: 4p

GRANDPARENTS GROUP
1st Wednesday of the Month
Eastern: 8:15p • Central: 7:15p
Mountain: 6:15p • Pacific: 5:15p

PARENTING AFTER LOSS GROUP
1st Wednesday of the Month (Twice a day)
Eastern: 1p & 9:30p • Central: 12p & 8:30p
Mountain: 11a & 7:30p • Pacific: 10a & 6:30p

PARENTING AFTER LOSS GROUP
3rd Wednesday of the Month (Twice a day)
Eastern: 1p & 9:30p • Central: 12p & 8:30p
Mountain: 11a & 7:30p • Pacific: 10a & 6:30p

COPING WITH SUID/SIDS & INFANT DEATH
2nd Wednesday of the Month
Eastern: 7p • Central: 6p
Mountain: 5p • Pacific: 4p

For information or to register visit starlegacyfoundation.org/support-groups

SIDE TO SLEEP	MOVEMENTS MATTER	EARLY PARENTING
WHY? When you are pregnant sleeping on your side helps ensure that blood flows well to the growing fetus. Sleeping on your back can put pressure on blood flow and oxygen to you and your baby.	NORMAL? There is no set number of movements, but you should feel your baby move often. If you don't feel your baby move for 12 hours, contact your healthcare provider.	MY BABY Baby prepares and reacts to noise. Get to know the baby's movements and sounds. You should be able to hear your baby's heartbeat.
WHEN? In the third trimester, you should go to sleep on your side. However, the best pregnancy advice is to help you stay on your side when awake.	WHY? A reduction in placental blood flow to the fetus can lead to an increased risk of stillbirth. Contact your healthcare provider if you notice a decrease in movements or a change in pattern.	INSTINCTS Trust your instincts. You know your baby best. If you feel something is not right, report it immediately. You can't identify a specific symptom.
WHAT IF? If you wake up on your back in the night, roll over onto your side. If you wake up on your side, stay on your side. If you wake up on your back, roll over onto your side.	WHAT? A baby's movements are the best indicator of their well-being. If you notice a change in your baby's movements or behavior, contact your healthcare provider.	WHY? Knowing your baby's movements helps you identify if there is a problem. If you notice a change in your baby's movements, contact your healthcare provider.
CONCERN? If you get to sleep on your side, it will help you get to sleep on your side. If you wake up on your back, roll over onto your side.	MYTHS? It is NOT true that babies move less towards the end of pregnancy. The number of movements you feel should be the same or more.	CALL? If you think your baby's movements have changed, contact your healthcare provider. If you are unsure, it is okay to call.
SAFE PREGNANCY YOU & BABY Still Aware You & Baby	SAFE PREGNANCY YOU & BABY Still Aware You & Baby	SAFE PREGNANCY YOU & BABY Still Aware You & Baby

Safer For Pregnancy Poster and Refrigerator Magnet

You and your Baby are a Team -

This information is a quick review of the most current recommendations regarding sleep, movements and early parenting. It is available in poster size for placement in waiting rooms, hallways, restrooms, etc. And a smaller card that comes with magnets to place it on the refrigerator. Also available in Spanish, Hmong and Somali.

Safer For Pregnancy Reminder Card

This simple version of the Safer Pregnancy poster is designed to be a daily reminder of how to monitor the baby's well-being. This card is available in English, Spanish, Somali, Arabic, Hmong, French, and Turkish.

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STILL AWARE YOU & BABY

DAILY ACTIONS FOR A SAFER PREGNANCY

- Get to know your baby's normal behavior
- Monitor the pattern of your baby's movements
- Monitor the strength of your baby's movements
- Monitor the frequency of your baby's movements
- Go to sleep on your side after 28 weeks
- Trust your maternal instincts
- Call your provider immediately if you have any questions or concerns

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PREGNANCY RESEARCH PROJECT



pregnancyresearchproject.org

Pregnancy Research Project Informational Poster and Card

These items provide information about the Pregnancy Research Project. Posters can be placed in waiting rooms, restrooms, hallways or any area where potential study participants might see them. The smaller card is a condensed version of the same information intended for grab and go. The posters also have pads of business cards that can be fixed to the poster for interested individuals to take. Individual business cards are also available.

Pregnancy Research Project

This brochure provides information about the Pregnancy Research Project including information on the purposes and aims of the research, eligibility, data safety and security, and how to participate.

PREGNANCY RESEARCH PROJECT


For more information or to enroll in the Pregnancy Research Project, visit: pregnancyresearchproject.org

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Share information about your pregnancies to help us make all pregnancies healthy and safe!

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PREGNANCY RESEARCH PROJECT



You are invited to participate in the Pregnancy Research Project to help researchers learn more about healthy pregnancies and poor pregnancy outcomes.

AM I ELIGIBLE?

You are eligible to participate if:

- You are at least 18 years of age or older
- You have had a stillbirth (pregnancy loss at or after 20 weeks gestation) at any time in the past
- You have delivered a living baby within the last five (5) years
- You are currently pregnant at 12 weeks gestation or more

How To Order

These materials are available free of charge to health professionals/
facilities and impacted families.

To order, visit

<https://starlegacy.z2systems.com/np/clients/starlegacy/giftstore.jsp>

OR send an email to info@starlegacyfoundation.org

OR call **952-715-7731**

OR scan this **QR code** with your mobile device to access our website.



STAR LEGACY FOUNDATION

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2020-2021 v.1

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