



STAR LEGACY
FOUNDATION

RESOURCE CATALOG

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



version 8



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.

Lindsey Winauer, CPNP



Star Legacy Foundation General Brochure Free

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

Because every pregnancy deserves a happy ending

Stillbirth Brochure Free

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



STILLBIRTH

Finding your way when your baby dies



NAVIGATING A MISCARRIAGE Free

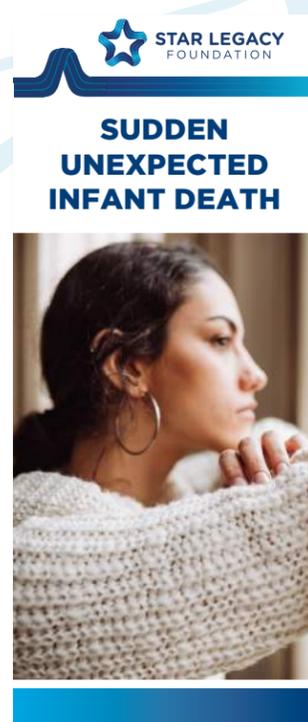
Navigating Miscarriage Free

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 Free

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.*



SUDDEN UNEXPECTED INFANT DEATH



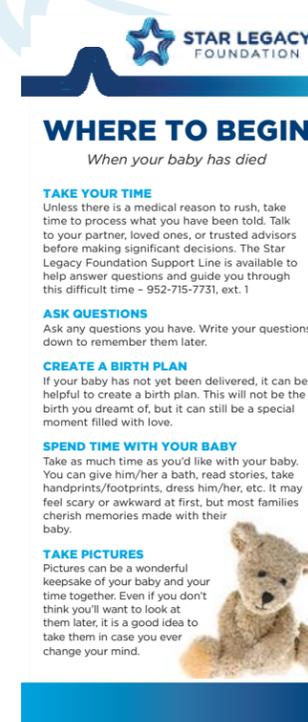
COPING WITH NEONATAL DEATH Free

Coping With Infant Death Free

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*

Coping With Neonatal Death Free

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

TAKE YOUR TIME
Unless there is a medical reason to rush, take time to process what you have been told. Talk to your partner, loved ones, or trusted advisors before making significant decisions. The Star Legacy Foundation Support Line is available to help answer questions and guide you through this difficult time - 952-715-7731, ext. 1

ASK QUESTIONS
Ask any questions you have. Write your questions down to remember them later.

CREATE A BIRTH PLAN
If your baby has not yet been delivered, it can be helpful to create a birth plan. This will not be the birth you dreamt of, but it can still be a special moment filled with love.

SPEND TIME WITH YOUR BABY
Take as much time as you'd like with your baby. You can give him/her a bath, read stories, take handprints/footprints, dress him/her, etc. It may feel scary or awkward at first, but most families cherish memories made with their baby.

TAKE PICTURES
Pictures can be a wonderful keepsake of your baby and your time together. Even if you don't think you'll want to look at them later, it is a good idea to take them in case you ever change your mind.

A Father's Grief Free

Dads are often over looked 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.*

Where to Begin When Your Baby Has Died Free

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



A FATHER'S GRIEF

Finding your way out of the shadows

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CARING FOR YOURSELF
After a perinatal loss



Caring For Yourself After Prenatal Loss Free

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 Free

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.

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GRIEF OF GRANDPARENTS



STAR LEGACY FOUNDATION

FAMILY & FRIENDS
How you can help when a baby dies



Family & Friends Free

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.

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INFORMATION FOR MILITARY FAMILIES
Regarding the Death of a Baby



Information For Military Families Free

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.

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FINDING ANSWERS
Options for testing after a baby dies



Finding Answers Free

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 Free

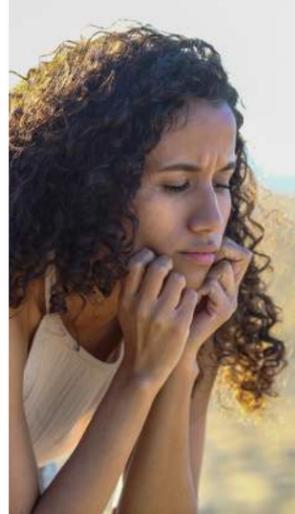
The birth of a new baby is anticipated by the entire family, including other children. This brochure helps to explain what children understand at various developmental levels and how to talk to them about the baby. This includes both children living at the time of the loss as well as children born subsequent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

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TALKING WITH CHILDREN
About perinatal loss



MINNESOTA CENTER FOR STILLBIRTH & INFANT DEATH



Minnesota Center for Stillbirth & Infant Death Free

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 Booklet Free

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.

STAR LEGACY FOUNDATION

PARENTING IN PREGNANCY:
Taking care of baby starts now!



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 technologies
- 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) Free

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 Free

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.

PREGNANCY FOLLOWING LOSS

PREGNANCY RESEARCH PROJECT

pregnancyresearchproject.org

Pregnancy Research Project Free

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 Informational Poster and Card Free

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 a fixed to the poster for interested individuals to take. Individual business cards are also available

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

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

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

STICK ME ON YOUR FRIDGE, AS YOUR DAILY SAFE PREGNANCY REMINDER

Don't miss a day! It's important to monitor your baby's health and behavior. Stick me on your fridge to remind you to check in on your baby every day!

SAFE PREGNANCY YOU & BABY ARE A TEAM

For more information contact us at www.starlegacyfoundation.org

Safer For Pregnancy Poster and Refrigerator Magnet Free

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.*

STILL AWARE

starlegacyfoundation.org

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

Safer For Pregnancy Reminder Card Free

This simple version of the Safer Pregnancy poster is designed to be a daily reminder of how to monitor the baby's well-being.

Also available in Spanish, Somali, Arabic, Hmong, French, and Turkish.

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 Free

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

Teardrops With Milkdrops Free

Lactation options after the loss of your baby. Your expressed milk can be donated in honor of the precious baby you lost.

Digital download only

Teardrops With Milkdrops

Lactation options after the loss of your baby

STAR LEGACY FOUNDATION

Virtual Support Groups

BEREAVED PARENTS GROUP
1st & 3rd Monday of the Month
Eastern: 7p • Central: 6p
Mountain: 5p • Pacific: 4p
2nd & 4th Thursday of the Month
Eastern: 8p • Central: 7p
Mountain: 6p • Pacific: 5p

GRUPO DE PADRES EN DUELO
Primer Viernes del Mes (en Español)
Eastern: 8p • Central: 7p
Mountain: 6p • Pacific: 5p

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: 8p • Central: 7p
Mountain: 6p • Pacific: 5p

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

Para obtener más información o registrarse, visite:
www.starlegacyfoundation.org/support-groups/

Support Card Information Free

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

Información de la tarjeta de soporte Gratis

Star Legacy Foundation ofrece numerosos recursos de apoyo para familias en duelo, incluidos grupos de apoyo, línea telefónica de apoyo para el duelo y compañeros de trabajo. (Spanish support group)

STAR LEGACY FOUNDATION

GRUPO DE PADRES EN DUELO
Star Legacy Foundation ofrece grupos de apoyo virtuales en español. Además, si desea ser contactado por un compañero apoyo de que haya vivido una situación similar a la suya, envíanos un correo electrónico a: support@starlegacyfoundation.org

Primer Viernes del Mes (en español)
Este: 8p • Central: 7p
Montaña: 6p • Pacífico: 5p

LÍNEA DE APOYO
La línea de apoyo de la Star Legacy Foundation cuenta con profesionales de salud que tienen experiencia personal con la pérdida durante el embarazo y la muerte infantil. Está abierto a todas las familias, compañeros de trabajo o empleadores, profesionales de la salud, maestros u otras personas que interactúan con las familias en duelo. 952-715-7731, extensión 1.

Para obtener más información o registrarse, visita: www.starlegacyfoundation.org/support-groups/

Star Legacy Foundation
6438 City West Parkway, Suite 100
Eden Prairie, MN 55344

Certificate of Baby Blessing

On this very special day, _____

Child of _____

Was Joyfully Celebrated With A Baby Blessing

On the _____ day of _____ In the year _____

Officiated by _____

STAR LEGACY FOUNDATION

Baby Blessing Certificate Free

Provide a keepsake certificate to families when a blessing ceremony is performed.

Baptism Certificate Free

Provide a keepsake of the moment a precious baby is baptized.

Certificate of Baptism

This Certifies That

Was Baptized in the name of the Father, Son and Holy Spirit

On the _____ day of _____ In the year _____

Officiated by _____



God of all creation,
we bless and thank you for your tender care.
Receive this life you created in love
and comfort your faithful people in their time of loss.

STAR LEGACY FOUNDATION

You've Received a Random Act of Kindness
in loving memory of _____

STAR LEGACY FOUNDATION
www.starlegacyfoundation.org

Random Act of Kindness Card \$3.00/25 cards

Honor a special person or baby with a Random Act of Kindness. Many families like to do this to commemorate birthdays, holidays and other special occasions - or just because. Simply perform an act of kindness - buy a strangers meal, leave a small gift, mow someone's lawn, give a movie ticket. The sky is the limit - use your imagination - even the smallest gesture in your baby's memory will brighten someone's day.

There is no foot too small that it cannot leave an imprint on this WORLD

STAR LEGACY FOUNDATION
www.starlegacyfoundation.org

Hand/Footprint Card Free

Memories are all that is left after a baby dies. Help families preserve these priceless memories by taking hand/footprints of their precious child.



Rainbow Baby Card
Free
 Provide a gentle reminder to all who care for moms in a pregnancy subsequent to a loss. Let your staff and visitors know that this family has survived a terrible tragedy and are faced with many anxieties bringing another baby into the world.
(Limited quantities)

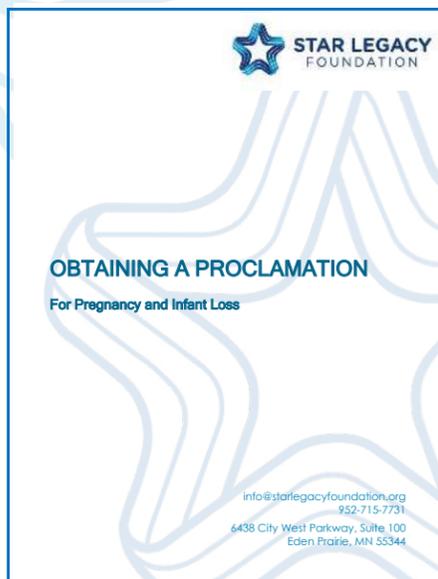


Remembrance Yard Sign
\$40.00
 18x24 yard sign to honor the memory of a precious family member. Includes wire frame stand.

Hospital Loss Door Sign
Free
 Place on the patient room door as a reminder to all who enter that a loss delivery is behind the door and sensitivity is important.



October Awareness Yard Sign
\$40.00
 18x24 yard sign to honor the memory of a precious family member. Includes wire frame stand.



How to Obtain a Proclamation for Pregnancy and Infant Loss
 (Electronic Download)
Free
 A great project for your Chapter to raise awareness in your community. Request a proclamation for your community to designate a day/month in recognition of pregnancy and infant loss!



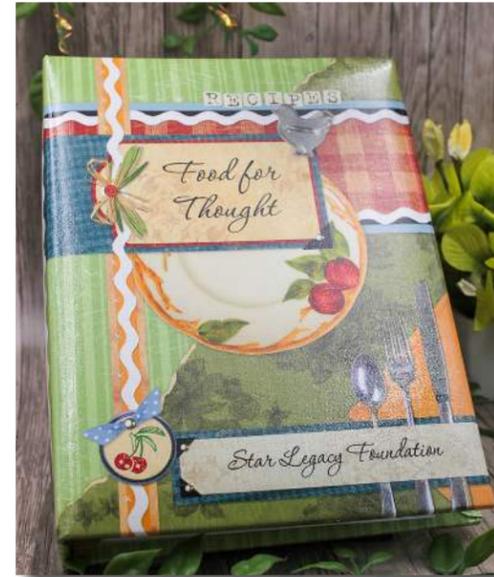
Did You Know Poster
Free
 Help raise awareness about pregnancy loss - place this poster in a high visibility location.



Star Legacy Foundation Silver Water Bottle
\$15

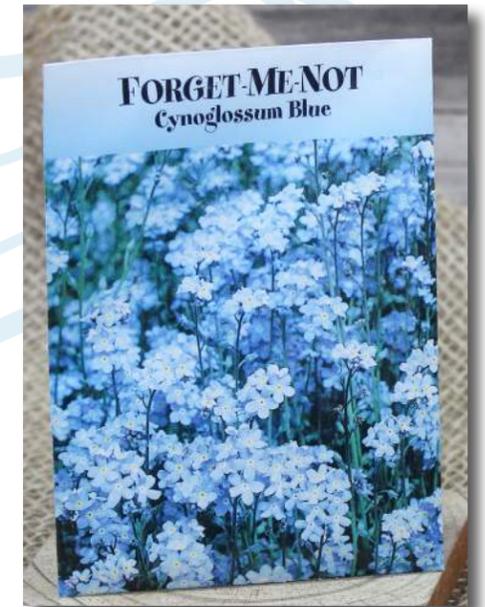


Star Legacy Foundation Blue Water Bottle
\$5



Star Legacy Foundation Cookbook
15.00

Enjoy recipes compiled by families in memory of their babies. Limited Supply Available.



Forget Me Not Seeds
\$2.50

The dainty and beautiful forget-me-not flower has become a tender symbol of bereavement support.



Star Legacy Foundation Ceramic Mug
\$15.00

Enjoy your cup of warm beverage in our own Star Legacy cup.



Support/Awareness Wristband
\$1.00

Wear this silicone wristband in support of a loved one or to help raise awareness. "Because Every Pregnancy Deserves A Happy Ending."

Star Legacy Foundation Star Pin
\$6

Help spread awareness with our metal star pin. Pin is 3/4" wide with butterfly clutch metal pin back. Pink, blue and white ribbons included to use as you wish.



Remembrance Candle

Coming soon





Pregnancy & Infant Loss Awareness-Clear Sticker

\$8.00

Raise awareness for pregnancy & infant loss by placing our clear 4x4 (approximate) sticker on a water bottle, laptop, car window, or anything you like. The clear sticker is made from a transparent vinyl and is printed on premium vinyl with a strong adhesive, making them waterproof, scratch-proof and made to last.



Pregnancy & Infant Loss Window Cling

\$10.00

Raise awareness for pregnancy & infant loss by placing our window cling on your house, office or your car window. Our static 6"x6" cling is made from a premium white vinyl, and looks great on any window. Both the printed side and reverse side will cling to glass, allowing you to apply your window cling inside or outside.

MEETING THE NEEDS OF PARENTS PREGNANT AND PARENTING AFTER PERINATAL LOSS

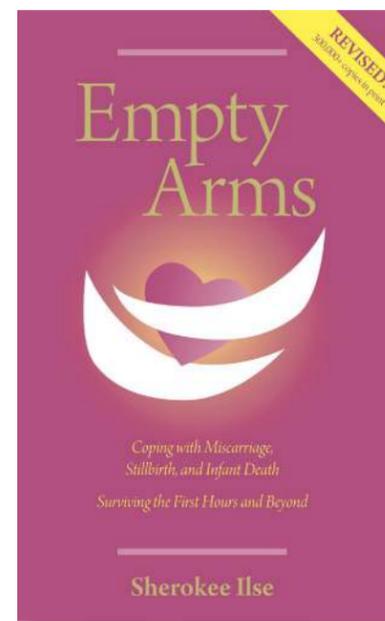


JOANN O'LEARY AND JANE WARLAND

Meeting the Needs of Parents Pregnant and Parenting After Perinatal Loss

\$43.00

Written for parents and researchers, students and professionals from a range of health, social welfare and early years education backgrounds, this text outlines what we know about supporting bereaved families encountering the challenges of a subsequent pregnancy.



Empty Arms

\$12.95

Empty Arms (also in Spanish) by Sherokee Ilse, is a unique and encouraging book that reaches out to all who have been touched by infant death or miscarriage. It is the first written material newly bereaved parents should turn to when they learn their baby has died. With compassion and sensitivity, the author, who has been there herself, offers practical suggestions and support for the decision-making at the time of the loss and in the days and months that follow. Contains an excellent bibliography and resource section. This gentle guide shares options and the clear message that the reader "is not alone". Other family members and care providers will gain insight into their own loss experience and how they can better help the bereaved families..

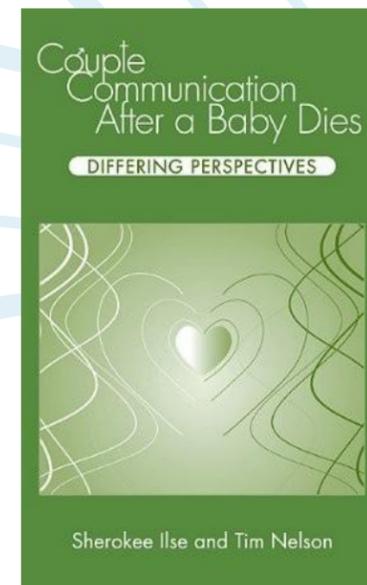
Authors: Joann O'Leary, Ph.D., and Clare Thorwick, RN

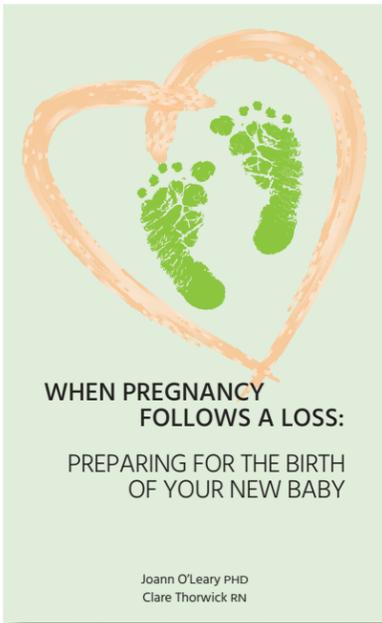
Couple Communication After A Baby Dies

\$12.95

Bereaved Parents often don't communicate their feelings and needs well, leading to confusion, assumptions, mistrust, and often tension. However, through thoughtful communication, improved understanding, and openness, relationships can be significantly improved. This new small book offers a unique approach to a difficult but important subject. Ilse and Nelson teamed up to offer not only their individual perspectives as a woman and man following the deaths of their children, but also to share how they and their spouses met the challenges couples face. Good background information is offered on topics such as brain differences, personality and childhood influences, myths, and more. Other couples weigh in and thought provoking questions are added to the back for personal use or for book discussion, support groups, or during counseling sessions.

Primarily, this is the story of two imperfect couples (the Ilse and the Nelson's) who have endured over 20+ years each of the ups, downs, and togetherness since their babies die





When Pregnancy Follows A Loss: Preparing For the Birth of Your New Baby

\$5.00

Few people understand the conflicting emotions that surface during a subsequent pregnancy or that these feelings are normal, given your life experience. Embracing the life of a new baby can be daunting when others may not understand you are still a parent of a baby who died. This booklet is a compilation of families' experiences.

Authors: Joann O'Leary, Ph.D., and Clare Thorwick, RN

Different Baby, Different Story
\$30.00

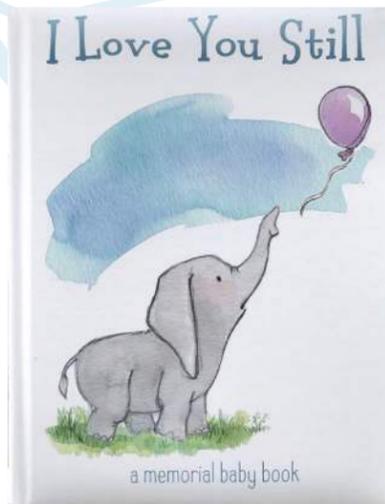
Pregnancy after prenatal or infant loss can be a lonely and frightening time, but through stories of both pain and healing, the authors show how to navigate the exciting but choppy waters of a subsequent pregnancy.



Pregnancy
and Parenting
after Loss

**DIFFERENT
BABY,
DIFFERENT
STORY**

Joann O'Leary
Lynnda Parker
Margaret M. Murphy
Jane Warland



I Love You Still, A Memorial Baby Book

\$28.00

Every memory with your baby is precious, and every baby deserves a beautiful place to be cherished forever. I Love You Still: A Memorial Baby Book was carefully created to hold memories and love for babies taken too soon due to miscarriage, stillbirth, or in their first days of life.



**Assortment of Baby Items
Free**

Star Legacy Foundation has dedicated seamstresses who takes donated gowns and other items to re-purpose into items appreciated by families in their darkest moments. We always have a large selection of gowns, blankets, diapers, hats and more. All items come in boy/girl/neutral colors and in a variety of sizes. *Individual items are subject to availability.*



**Girls Bereavement Items
Free**

Most are made by our volunteer seamstresses from donated wedding and other formal gowns. *Usually available in a variety of sizes. Subject to availability.*

**Burial Pouches
Free**

Utilized for the tiniest of babies that are difficult to dress. *Individual items are subject to availability.*



**Boys Bereavement Items
Free**

Made by our volunteer seamstresses from wedding and other appropriate fabrics. *Usually available in a variety of sizes. Subject to availability.*



**Baby Blankets
Free**

Available in smaller sizes than normal infant blankets. Sewn, knitted and crocheted by our volunteers. *Subject to current availability.*



**Baby Diapers
Free**

Sewn from soft flannel fabric and available in 3 sizes smaller than typical diapers.

HOW TO ORDER

Many of our materials are available **free of charge** to health professionals/facilities and impacted families.

You may print the wish list for your convenience and then choose one of the following ways to order.

TO ORDER, VISIT

www.store.starlegacyfoundation.org

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.



2022 v.8

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