



# Support Resources After a Baby or Loved One Dies

## Wintergreen Press, Inc.

952-476-1303

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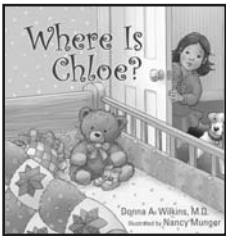
2010-2011

### WHAT'S NEW?

#### *From Crisis to Purpose: A Mother's Memoir*

Tonya N. Dorsey \$17.00

Tonya shares her sincere story after the loss of her infant daughter. Offers validation and inspiration after an unexpected loss. Celebrate the power of resilience and strength to persevere after deep despair.



#### *Where is Chloe?* \$12.00

Donna A. Wilkins, M.D., Neonatologist

A stunning book. It touches and teaches children ages 4-8 after their infant sibling has died. Answers questions like "Am I still a big sister?" "Was it something I said or did?" "Can I travel to heaven?" Christian perspective, offers hope of seeing Chloe in heaven one day.

#### *SIDS & Infant Survival Guide*

Joni Horchler \$14.95

"This book consists of poems, letters, diary entries, and essays written by parents, grandparents, professional counselors, siblings, friends, and babysitters - all of whom discuss their personal experiences in confronting SIDS." A great self-help book.



#### *I am Here, and I Care* \$100 Reduced from \$150

Translations for caregivers in the acute hospital/clinic settings

A 3-ring binder with 100 yes-no questions for newly bereaved families who are waiting for the translator to come, allowing staff to build rapport. The care provider can choose the language, point to questions and comments such as - "My name is \_\_\_\_\_, I have called for a translator. Do you need anything?" "Do you have someone you need to call?" or "Do you want to see your family?" or "I am so sorry your baby has died. We are here to help you." Spanish, Hmong, Russian, French, Somali, and Chinese



#### *Babies Remembered Consulting*

Have turnover, retirement, or budget cuts left your perinatal loss program with gaps? Do you want to find your staff and your program's strengths and weaknesses? Do you wish to take your program to a higher level? Do you seek training, inspiration, or rejuvenation? What about birth planning services for families whose

baby has just died? Our team of Competent, Compassionate Consultants can help you.

Contact us at 952-476-1303 or [info@BabiesRemembered.org](mailto:info@BabiesRemembered.org)

#### *Babies Remembered e-Magazine*

Individual \$34.99 Institution \$54.99 Stand alone e-issues \$10 each

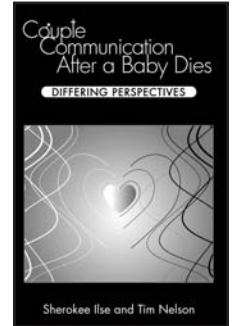
Each one targets a topic or two, then presents in-depth research, advice and resources. Some previous issues include: Giving and Receiving Support, The Hospital Experience and Making Memories, Miscarriage and Holidays, Health Grieving, and Goodbye Rituals. Upcoming topics: Subsequent Pregnancy, Couples, Continuing a Problem Pregnancy, Siblings, Family & Friends...

#### *Couple Communication After a Baby Dies*

Sherokee Ilse and Tim Nelson \$12.95 (discount for 10+ \$7.00)

"We believe that by sharing our intimate journeys with you, journeys that have the benefit of hindsight, you will find something useful as you and your partner work through this challenging time. To make your relationship stronger is a worthy goal, one that will require work, communication, understanding, and most of all patience." Beneficial for couples at home, in counseling, or in support groups, the last portion of the book offers a place to keep notes, answer questions, and to promote conversations.

The Ilse and Nelson couples, both married over 25+ years share the ups, downs, and togetherness since their babies died.



### VIDEOS BY SHEROKEE

#### *The Gift of Time: I Hardly Knew You...What Happens Next?*

Two DVD/CDs for staff and patients. Plus written handouts. \$100.00

Offers practical advice for how and why to **slow down** the planning process before induction. To be shown at the clinic, doc's office, or in a hospital. Promotes 'home time/preparation time.' 'Take home' copies of video available and also downloadable.

#### *Shattered Dreams...How Family and Friends Can Help*

DVD/CD and downloadable from website. \$20.00

Offers practical advice on what families feel and specifics on how to help. After watching this, family and friends will know how to help. Plus written handouts.

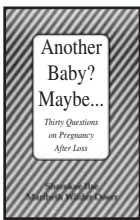
Dear Families, Friends and Care Providers,

Do you wonder which book families need to read right away to help them make decisions? ([EmptyArms](#) or [When Hello Means Goodbye](#)). Do you wish you could evaluate your current program and update it? ([Learn about our new Babies Remembered Consulting Practice](#)). Do you wish you could slow down the process from the time of diagnosis to the baby's birth...helping families better prepare and take more control instead of letting shock dictate their decisions? ([Check out our new video packet, "I Hardly Knew You...What Happens Next?" and our Birth Planning Service](#)) Need a couple's resource? ([Couple Communication](#)). Interested in some new, exciting products? ([From Purpose to Crisis](#), [SIDS Survival Guide](#), [Where's Chloe? book for kids](#)). And have you seen our new [Babies Remembered e-Magazine](#) meant to load you up with advice, suggestions, resources, and new information four times a year? (Magazine available online). We've been busy working to support you.

Blessings,  
Sherokee Ilse



Sherokee Ilse



### Another Baby? Maybe... Thirty Most Frequently Asked Subsequent Pregnancy Questions

Sherokee Ilse and Maribeth W. Doerr \$5.00

The authors, who have lived through their own losses, share the most common concerns, issues and questions parents face when considering another pregnancy and living through it. Suggestions, advice and a bibliography make this booklet a must!

### When Pregnancy Follows a Loss

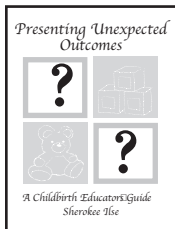
Joann O'Leary, PhD, and Clare Thorwick, RN \$10.00

Few people understand the conflicting emotions that surface during a subsequent pregnancy nor that these feelings are normal. 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. But that baby is part of your family forever. A compilation of families' experiences, offers hope that the voices of other parents will help you find a new way of 'being' and coping.



### Subsequent Pregnancy Gift Packet \$30.00

A unique gift packet includes: two booklets: *Another Baby? Maybe...* and *When Pregnancy Follows A Loss*, along with First Candle 'Kick Count' and 'Back to Sleep' brochures, and a Baby KickTrack™ monitor - you click it with each movement.



### Presenting Unexpected Outcomes: A Childbirth Educator's Guide

Sherokee Ilse Revised 2001 \$11.50

How do Childbirth Educators realistically begin to prepare families for some of the possible unexpected outcomes? This booklet gives reasons why this is vitally important, as well as many tools and resources to use in the curriculum and class discussions.

Pregnancy/Childbirth

48 pages, 3 hole punched

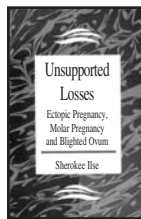
ISBN 0-9609456-8-7

8 1/2" x 11"

### Unsupported Losses: Blighted Ovum, Ectopic, and Molar Pregnancies

Sherokee Ilse \$4.00

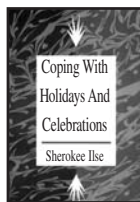
Blighted ovum, ectopic, and molar pregnancies. Addresses the complicating factors, offering emotional support and an understanding of medical implications.



### Coping With Holidays and Celebrations

Sherokee Ilse \$4.00

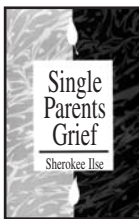
This booklet is full of advice and ideas on how to handle family celebrations and holidays as well as birthdays and other special days after the loss of a loved one. Many specific suggestions and examples are shared.



### Single Parents Grief

Sherokee Ilse \$4.00

For teens or a more mature parent, this resource explores the special grief of single parents who have no steady partner. Suggestions and information offer hope and help. A good resource section is included.



### Miscarriage Poem (frameable)

Susan Erling Martinez \$4.00

'Just Those Few Weeks' is one poem we keep hearing that is touching the hearts of families who had a beloved baby die as a result of a miscarriage. One mother writes, "I want you to know how much your poem has helped my husband and me over the last few days. This was as if someone reached into my heart and pulled out the words that I wanted to say to my son. As if now he will know just how much I loved him and wanted him here with me."



### Giving Care, Taking Care: Support for the Helpers

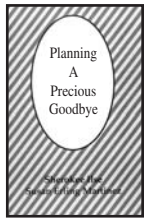
Sherokee Ilse \$10.50

For professionals and lay people who give of themselves, and must be reminded to make time to "fill their own wells." A practical guide offering advice on how to deal with 'compassion fatigue' and minimize burnout. Find out what type of caregiver YOU are. My Caregiving Seminar in a book!

### Planning A Precious Goodbye

Sherokee Ilse and Susan Erling Martinez \$4.50

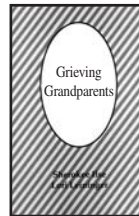
A comprehensive, immediate, short guide for writing an obituary, sending announcements of the birth and death, planning a memorial service or funeral for babies, including miscarriage. Songs, poems, prose, readings and scripture.



### Grieving Grandparents

Sherokee Ilse and Lori Leininger \$4.00

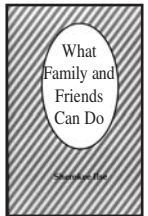
An exploration of the complicated loss grandparents feel as they try to comfort and support their children and grieve for their grandchildren. Sensitively written with quotes from grandparents.



### What Family and Friends Can Do

Sherokee Ilse \$3.50

This expanded excerpt adapted from *Empty Arms* gives suggestions for family and friends to better understand themselves and offer support to bereaved parents.



A Guide for Fathers Tim Nelson \$4.00

A father's perspective is shared during and after his daughter's stillbirth. This small pocket -sized guide lays out the basic information that a man needs to know when his child dies and does so in no-nonsense, easy to read, non-flowery language.

### Mother Care: Physical Care and Beyond After a Baby Dies

Sherokee Ilse, Inez Anderson and Mary Funk \$4.50

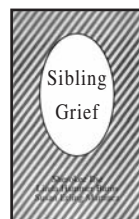
This twenty page booklet teaches new mothers how to care for themselves after their baby dies. Includes physical areas of healing, breast milk issue, emotional, and spiritual aspects. Hospitals and clinics give this out to moms before going home.



### Sibling Grief

Sherokee Ilse and Linda Hammer Burns \$4.00

A practical guide to help parents understand their surviving children's needs and to assist them in grieving and coping with their brother or sister's death.



### Souvenir Certificate of Birth

\$3.00

A Certificate of Birth is a special memento after stillbirth or miscarriage. Check out our new Miscarriage packet online. Heavy white paper, colored ink.



### Personalized Gift

\$6.00

Send your baby's name, birth/death date, weight, height, hospital, caregiver's names, your names and we'll hand calligraphy a certificate. Allow 4-6 weeks for delivery.

**Miscarriage: A Shattered Dream**

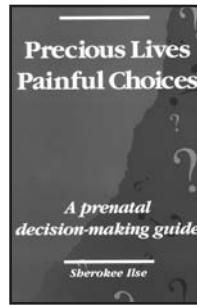
Sherokee Ilse and Linda Hammer Burns \$12.95  
Updated 2001

*"I appreciated **Miscarriage**, It was easy to read and covered many areas of importance, helping me cope with my miscarriages. More than anything else, I liked the message that no matter what one is feeling, those feelings are valid."* Dawn S. Bereaved Mother

**Miscarriage** offers a comprehensive and insightful perspective on possible causes, medical terminology, choices and decisions, emotional aspects, coping suggestions, choices for the future. and resources for families experiencing a miscarriage. Those who have suffered a miscarriage will find emotional and medical support that far surpasses any other book on this subject. Family and friends will learn about miscarriage and how to help their loved ones.

Pregnancy/Childbirth/Grief  
68 pages

ISBN 0-9609456-3-6  
5 1/2" x 8 1/2"



**Precious Lives, Painful Choices: A Prenatal Decision-making Guide**

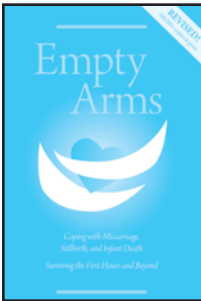
Sherokee Ilse \$12.95

This sensitive book offers a comprehensive discussion of the options available to prospective parents after hearing bad results from prenatal testing. The pros and cons of termination and carrying the pregnancy are presented in a non-judgmental way, offering families information and reassurance that they must do what is right for themselves. Excellent resource list and bibliography. Families are encouraged to read this guide in their decision-making process, before they make a permanent choice.

This guide needs to be shared with families the minute they learn of the bad news, along with the humane care and good medical information from their care providers.

Pregnancy/Childbirth  
88 pages

ISBN 0-9609456-9-5  
5 1/2" x 8 1/2"



**Empty Arms: Coping With Miscarriage, Stillbirth and Infant Death  
Surviving the first hours and beyond**

Sherokee Ilse  
Newly Revised 2008

English and Spanish Versions \$12.95

*"Thank you for your book, **Empty Arms**, which we were given before our baby was delivered. It gave us the courage to make the hard decisions that proved to be the medicine to mend our broken hearts."* Debbie Crippen

*"This book was a tremendous inspiration to my patient. I feel you have done a great service to bereaved parents everywhere."*  
Stephen Larson M.D., Ob-Gyn

**Over 300,000 of this Classic book have been given to families!**

**Empty Arms** is a unique and encouraging book that helps families immediately after learning the news of an infant death or miscarriage. 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 annotated bibliography and resource section.

This newly revised 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.

Pregnancy/Childbirth/Grief  
104 pages

English ISBN 0-9609456-6-0  
Spanish ISBN 0-9609456-7-9

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and/or  
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Remembering With Love	(\$11.95)			
Anguish of Loss	(\$14.95)			
Giving Care, Taking Care	(\$10.50)			
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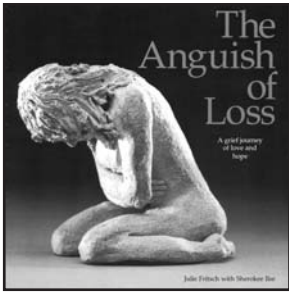
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## The Anguish of Loss

Julie Fritch with Sherokee Ilse \$14.95

*The Anguish of Loss* is the ultimate resource to sensitize all those who want to understand the turbulent journey of grief. A thoughtful present for yourself or a friend in need.

“What a gift to those who are experiencing grief and to others seeking that depth of emotional understanding! Through the use of sculpture and minimal words *The Anguish of Loss* allows the reader to move beyond the intellectual concepts of bereavement and enter into the loss experience: the raw, naked anguish of those long, lonely months. It is powerful and beautiful.” Sister Jane Marie Lamb Founder, National SHARE

Grief/Loss

56 Pages

ISBN 0-9609456-5-2

## Anguish DVD

Julie’s sculptures set to music present the process of bereavement with drama and emotion. This powerful DVD show must be seen by bereaved families and all professionals who work with them.

\$100 DVD, includes music

\$45 rental

## Cards

**Anguish cards** - 3 selections, use for sympathy, comfort cards, an anniversary card, or frame them. \$2.00 each



**The Anguish of Loss,**  
blank inside



**The Hand,**  
blank inside



**Blanketed in Grief,**  
**The Couple,**  
blank inside

**Flower/Scenery cards** - variety of colorful pictures taken by Sherokee during her travels. All are signed on the back. Tell us if you prefer flowers or scenery, then we’ll select them for you...here are a few samples in B&W. To see some in color, look online.

Blank inside

\$3.00 each or 5 cards for \$14.00



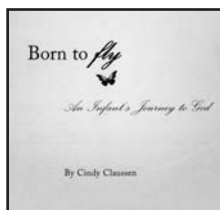
## Born to Fly: An Infant’s Journey to God

Cindy Claussen

\$11.95

“Will you tell them I am safe and happy?”  
“I will comfort them, my child.”

A treasure book with beautiful artwork that brings hope and comfort to those who believe they will someday join their babies in heaven. Conversation between baby Nathan and God.



## Inservices, Conference Speaker, Consultant

**Sherokee Ilse** is an internationally known consultant, author and educator on the subjects of bereavement, miscarriage and infant loss. Her personal experience and her genuine concern are reflected in her unique presentations. She has conducted over a thousand seminars in most US states, Australia, Canada, Japan, New Zealand, and the UK.

Some of her more requested talks:

‘Perinatal Loss 101: Building Awareness, Sensitivity, and Practical Care’

‘Beyond the Basics: Caring for Families During and After A Loss’

‘Empty Arms - Supporting Families’

‘Giving Care, Taking Care: Support for the Helpers’

‘Couple Communication: Healing Together’

‘The How To’s when a Baby Dies: Guidance for the Care Provider’

‘High Tech, High Touch: A Physician’s role’

‘Family Care: the Needs of the Entire Family’

‘Sibling Grief’

‘The Gifts of Grief’

## What people are saying after attending...

“I feel like we sat and had tea all day as we talked and talked.”

“What an honor to be with Sherokee and to hear her first hand after enjoying her books and using them with bereaved parents.”

“Very informed, humorous, passionate, and easy to learn from.”

“...excellent, dynamic speaker.”

## From one of her most recent seminars

“We had Sherokee speak at our annual ‘Beyond Sorrow Seminar’...She gave a fantastic presentation and was able to connect with both healthcare workers and funeral directors. The audience responded and interacted with her in a way that we had never previously seen at prior seminars. We highly recommend her!”

-Hantage Funeral Chaples, Minnesota

## Remembering With Love: Messages of Hope For the First Year of Grieving And Beyond

Sherokee Ilse and Elizabeth Levang, Ph.D

Published by Fairview Press

\$11.95

An affirming gift for anyone grieving the loss of a loved one - offers compassion, comfort, support and guidance during the lonely and painful times of one’s grief.

“...poignant, insightful, and inspirational, this book helps the bereaved through suffering to hope and healing.”

Rabbi Dr. Earl A. Grollman, Author of *Living When A Loved One Has Died*

*Remembering* has over three hundred entries, with quotes from people who have coped with their own losses, reminding you that you are not alone, and that you can and will survive. These messages of hope bring assurance that one of the secrets to healing lies in remembering your loved one forever.

## Born to Fly Gift Packet

\$14.95

This is a touching gift of hope and love to be given after a precious baby has died. It includes: *Born to Fly*, a sweet card, and a CD with the song *Remembering You*, by Therapeutic Harpist, Tami Briggs.

