

PREGNANCY AND INFANT LOSS AWARENESS MONTH

Stillbirth

Stillbirth refers to the death of a baby after 20 weeks gestation. Stillbirth affects about 1 in 100 pregnancies, and each year about 24,000 babies are stillborn in the United States. (CDC).

Miscarriage

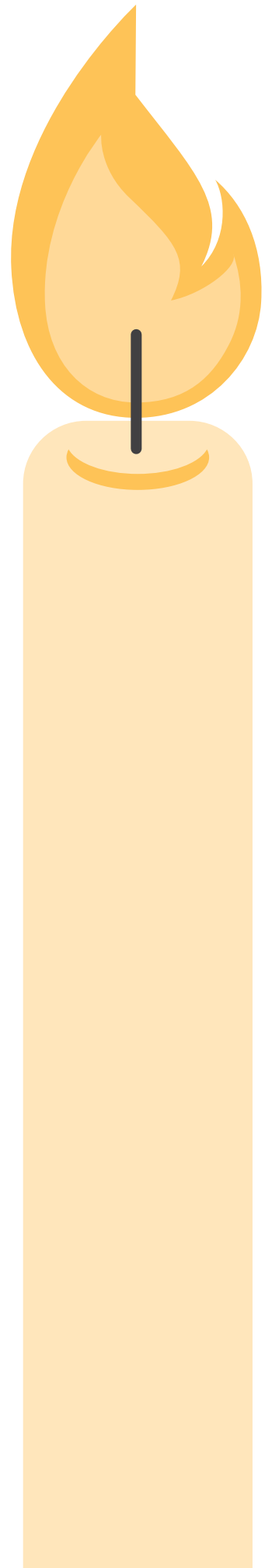
Miscarriage is the loss of a baby before 20 weeks gestation. For women who know they are pregnant, about 10 to 15 in 100 pregnancies (10 to 15 percent) end in miscarriage. (March of Dimes)

Neonatal Death

Neonatal death is when a baby dies in the first 28 days of life.



PREGNANCY AND INFANT LOSS AWARENESS MONTH



October 15

October 15th is Pregnancy and Infant Loss Remembrance Day.

International Wave of Light

You are invited to light a candle at 7 p.m. in honor of any baby who has died too soon. Keep it burning for at least one hour. Candles will be lit in every time zone all over the world to observe Pregnancy and Infant Loss Awareness Remembrance Day.

PREGNANCY AND INFANT LOSS AWARENESS MONTH

What to say

"I am sorry."

"I don't know what to say, but I am here for you and want to listen."

*A person's a person,
no matter how small.
- Dr. Suess*

How to help

When grieving, parents might be unable to tell you what they need because they don't know. Here are a few things you can do or offer:

- Be present.
- Say the baby's name.
- Ask them to tell you about their baby.
- Ask them if you can bring dinner over tonight or tomorrow night.
- Offer to watch their other children if they have them.
- Offer to do household chores.
- Offer to research funeral home for them.

What not to say

"It's probably for the best."

"It could have been worse...."

"Now you have an angel."

"You are young and can have more."

"At least you didn't know him or her."

"I understand how you must feel."

"I know how you feel."

"God had a purpose for him/her."

"Everything happens for a reason."

"You can try again."