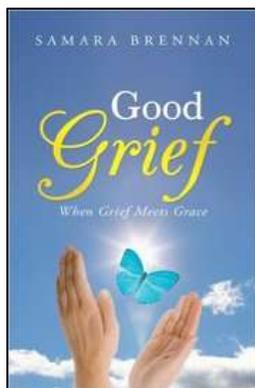


Recommended Books for Miscarriage, Stillbirths, and Infant Loss

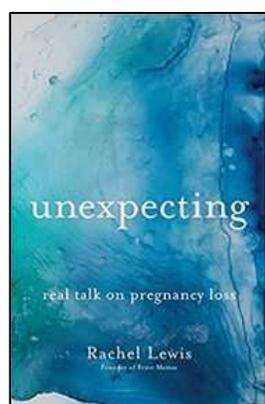
FOR PARENTS:



[Good Grief: When Grief Meets Grace](#) - Samara Brennan

The stillbirth of a baby is an unforeseen tragedy that tears at the very core of a parent. How does one move forward after such a loss? How can God reveal himself in such a time? What do you do with the crushing ache and unanswered questions about the death of a baby? [Good Grief: When Grief Meets Grace](#) narrates a mother's journey after just such a loss. Despite her overwhelming grief, she experienced abundant peace and found that the Lord is not absent in the darkness of infant loss. Instead, He meets us in our grief and restores our hearts with perfect grace.

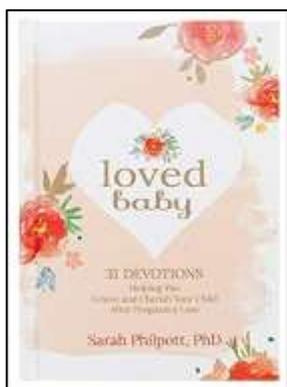
From a reader: "An honest and uplifting journey of both loss, spiritual growth and understanding. I found myself inspired by the author's wisdom and understanding in the face of such tragic loss."



[Unexpected](#) - Rachel Lewis

When your baby dies, you find yourself in a life you never expected. And even though pregnancy and infant loss are common, they're not common *to you*. Instead, you feel like a stranger in your own body, surrounded by well-meaning people who often don't know how to support you. What you need during this time is not a book offering easy answers. You need a safe place to help you navigate what comes next, such as:

- Coping with a postpartum body without a baby in your arms.
- Facing social isolation and grief invalidation.
- Wrestling with faith when you feel let down by God.
- Dealing with the overwhelming process of making everyday decisions.
- Learning to move forward after loss.
- Creating a legacy for your child.



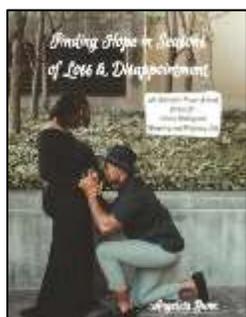
[Loved Baby: 31 Devotions Helping You Grieve and Cherish Your Child after Pregnancy Loss](#) - Sarah Philpott, PhD

Approximately one in four American women experience the silent grief of pregnancy loss. *Loved Baby* offers much-needed support to women in the middle of psychological and physiological grief due to losing an unborn child through miscarriage, stillbirth, or ectopic pregnancy loss.

In *Loved Baby*, Sarah Philpott gently walks alongside women as they experience the misguided shame, isolation, and crushing despair that accompany the turmoil of loss. With brave vulnerability, Sarah shares her own story of loss and the stories of others, offering Christ-filled hope and support to women navigating grief. This caring devotional offers:

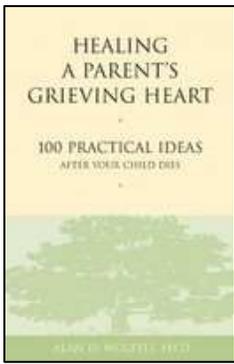
- Real talk about loss
- Christ-filled comfort
- Tips for managing social media, reconnecting with your partner, and nourishing your soul
- Knowledge that your child is in heaven
- Strategies to walk through grief
- Ways to memorialize your loss

Whether your loss is recent or not, *Loved Baby* can be your companion as you move from the darkness of grief toward the light of hope.



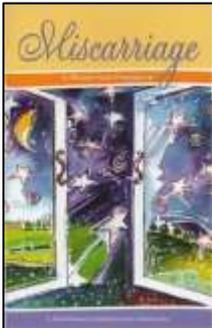
[Finding Hope in Seasons of Loss & Disappointment](#) - Angelica Gunn

An interactive prayer journal created for women battling infertility, miscarriage, and pregnancy loss



[Healing a Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies](#) – Alan D. Wolfelt, Ph.D. ([Healing Your Grieving Heart series](#))

Presenting simple yet highly effective methods for coping and healing, this book provides answers and relief to parents trying to deal with the loss of a child. It offers 100 practical, action-oriented tips for embracing grief, such as writing a letter to the child who has died; spending time with others who will listen to stories of grief; creating a memory book, box, or website; and remembering others who may still be struggling with the death. The guide also addresses common problems for grieving parents, including dealing with marital stress, helping surviving siblings, dealing with hurtful advice, and exploring feelings of guilt. This compassionate resource will aid parents who have been through the death of a child—whether the passing happened recently or many years ago, whether the child was young or an adult.



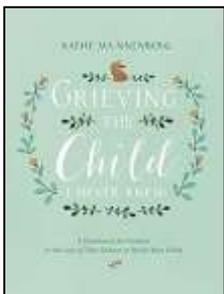
[Miscarriage: A Book for Parents](#) - Joy Johnson ([A Centering Corporation Resource](#))

A Note From Joy and Marv: “The shock and fear of miscarriage can be overwhelming. You have severe physical pain, and you realize there’s nothing you can do. Your whole world is thrown off balance. You lose your pregnancy. You lose your baby. You lose your self-control, and you even lose something of yourself. When you have a miscarriage, you have very real and powerful grief. It may be one of your first encounters with death. It is certainly something you never forget. As we have traveled through the country doing workshops, we have become convinced that the experience of miscarriage is one of the country’s great unresolved griefs. This book was given to you by someone who cares, and we hope it will be valuable to you as you begin to experience your own grief and the grief of others.”



[After Miscarriage: A Journey to Healing](#) - Lori Leo

On August 13, 2000, just months after her honeymoon, Lori suffered her first miscarriage. After four miscarriages in less than two years, she struggled to find peace each day. As she suffered in silence with her grief, she was determined to find comfort and hope. Lori’s passion for horses and her faith helped her escape the emotional turmoil, only to discover how these passions assisted her journey to healing. This realization exposed her to a new world she may otherwise have never known. Her tenacious desire to have a child led her to appreciate the beauty and gift of adoption and experience the instant unconditional love you can feel for a child.



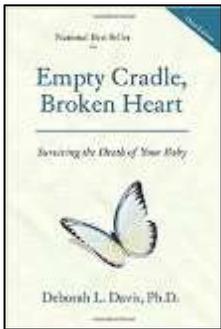
[Grieving the Child I Never Knew: A Devotional for Comfort in the Loss of Your Unborn or Newly Born Child](#) - Kathe Wunnenberg

When the anticipation of your child’s birth turns into the grief of miscarriage, tubal pregnancy, stillbirth, or early infant death, no words on earth can ease your loss. But there is strength and encouragement in the wisdom of others who have been there and found that God’s comfort is real.

Having experienced three miscarriages and the death of an infant son, Kathe Wunnenberg knows the deep anguish of losing a child. *Grieving the Child I Never Knew* was born from her personal journey through sorrow. It is a wise and tender companion for mothers whose hearts have been broken—mothers whose dreams have been shattered and who wonder how to go on.

This devotional collection will help those mothers grieve honestly and well. With seasoned insights and gentle questions, it invites the reader to present her hurts before God and to receive the healing that He alone can – and will – provide over time. Each devotion includes:

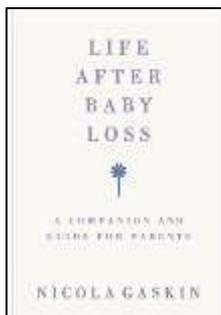
- Scripture passage and prayer
- Steps Toward Healing questions
- Space for journaling
- Readings for holidays and special occasions also included



[Empty Cradle, Broken Heart: Surviving the Death of Your Baby](#) - Deborah L. Davis, PhD

The heartache of miscarriage, stillbirth, or infant death affects thousands of U.S. families every year. *Empty Cradle, Broken Heart* gives reassurance to parents who struggle with anger, guilt, and despair after such tragedy. Deborah Davis encourages grieving and makes suggestions for coping. The book includes information on issues such as the death of one or more babies from a multiple birth, pregnancy interruption, and the questioning of aggressive medical intervention. There is also a special chapter for fathers and a chapter on “progressive parenting” to help anxious parents enjoy their precious living children. Doctors, nurses, relatives, friends, and other support persons can gain unique insight.

Most importantly, parents facing the death of a baby will find necessary support in this gentle guide. If reading this book moves you to cry, try to accept this reaction. Your tears merge with those of other grieving parents. You are not alone.

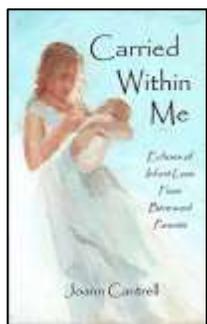


[Life After Baby Loss: A Companion and Guide for Parents](#) - Nicola Gaskin

Losing a child is one of the most devastating events you can go through; yet, losing your baby – particularly before they are born – remains a taboo and often misunderstood topic. In this very gentle guide, Nicola Gaskin opens up the conversation around baby loss offering raw, honest, and profoundly empathetic support to all parents.

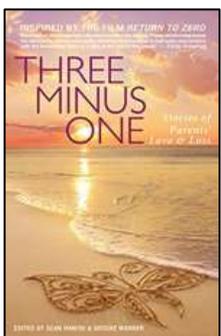
From coping with the initial shock, finding ways to overcome jealousy and anger, surviving birthdays and Mother’s Day, through to living with everlasting grief and the fresh round of grief and anxiety that comes with parenting after loss, it will help you to navigate through a vast range of intense and complex emotions.

Beautifully written and powerfully illustrated, this book will hold your hand through your darkest and lightest moments: read it to know you are not alone and that all your feelings are absolutely valid.



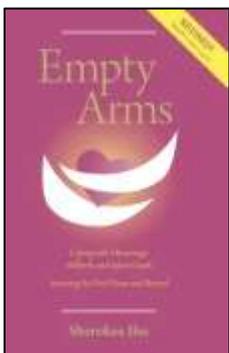
[Carried Within Me: Echoes of Infant Loss From Bereaved Parents](#) - Joann Cantrell

This book features the intimate narratives of bereaved mothers and fathers who have lost an infant, some recently and others who experienced their loss decades ago. Author Joann Cantrell, also a bereaved mother, understands that infant loss is carried within for a lifetime and hopes that by sharing these stories, parents will realize that they are not alone.



[Three Minus One: Stories of Parents' Love & Loss](#) - Brooke Warner and Sean Hanish

A collection of intimate, soul-baring stories and artwork by parents who have lost a child to stillbirth, miscarriage, or neonatal death, inspired by the film *Return to Zero* (available on Netflix). The loss of a child is unlike any other, and the impact that it has on the mother, the father, their family, and their friends is devastating—a shockwave of pain and guilt that spreads through their entire community. But most of those affected, especially mothers, often suffer their pain in silence, convinced that their grief and trauma are theirs to bear alone. This anthology of raw memoirs, heartbreaking stories, truthful poems, beautiful paintings, and stunning photography from the parents who have suffered child loss offers insight into this unique, devastating, and life-changing experience—breaking the silence and offering a ray of hope to the many parents out there in search of answers, understanding, and healing.

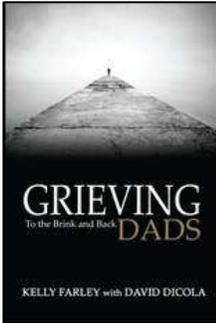


[Empty Arms: Coping with Miscarriage, Stillbirth, and Early Infant Death](#) – Sherokee Ilse

Empty Arms (English and Spanish) is a comprehensive, concise, and calming guide; the first written material to which a newly bereaved parent should turn. Unique and encouraging, it reaches out to all who have been touched by stillbirth/infant death or miscarriage. Family members and caregivers will find information to help them personally and to better understand and support the parents at the time and over time.

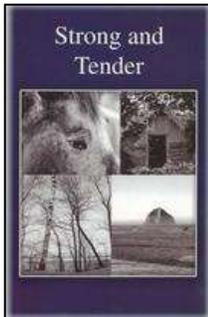
This self-help text offers compassionate and specific guidance on how to say hello and goodbye to a beloved baby. It also presents the many feelings, challenges, and needs that come after weeks, months, and even years. Regrets are sadly all too common, making grieving difficult. This book helps parents minimize those regrets and work towards healthy healing.

FOR FATHERS:



[Grieving Dads: To the Brink and Back](#) - Kelly Farley

Grieving Dads: To the Brink and Back is a collection of candid stories from grieving dads interviewed over two years. The book offers insight from fellow members of, in the haunting words of one dad, “this terrible, terrible club,” which consists of men who have experienced the death of a child. This book is a collection of survival stories by men who have survived the worst possible loss and lived to tell the tale. They are real stories that pull no punches and are told with brutal honesty. Men that have shared their deepest and darkest moments — moments that included thoughts of suicide, self-medication, and homelessness. Some of these men have found their way back from the brink, while others are still stuck in their pain. The core message of *Grieving Dads* is “you’re not alone.” It is a message that desperately needs to be delivered to grieving dads who often grieve in silence due to society’s expectations.

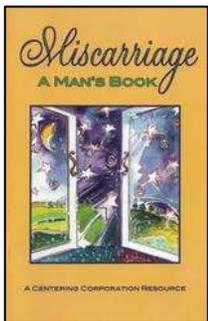


[Strong and Tender: A Guide For the Father Whose Baby Has Died](#) - Pat Schwiebert

[\(A Centering Corporation Resource\)](#)

From the Introduction: “Fatherhood has taken an unexpected turn in your life. Your baby has died, your partner needs you in a whole new way, and there are many decisions to make. You are in a state of shock and disbelief - the beginning of a grief process that will be with you and your family for a long time. And you are expected to be *strong*.”

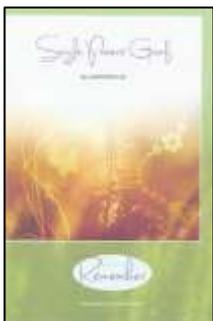
A book especially for fathers, this is a collection of insights, helpful hints, and tender thoughts to give a father strength during the dark times of grief following his baby’s death. For too long, fathers have been the forgotten grievers. By giving him this special book, you tell him you also recognize his loss. Includes: taking care of yourself, how men grieve, going back to work, anger, and your next pregnancy.



[Miscarriage: A Man's Book](#) - Rick Wheat [\(A Centering Corporation Resource\)](#)

From Rick: “I hope what you read in this booklet will help you with your own grief, help you share and understand your wife’s grief, and help you know what you can do to better navigate the difficult days which lie ahead. I’ve been where you are. What you read here is based on my own experiences. Much of this book is about your wife and her grief. However, I believe you’ll find yourself in these pages as you read. Every word you read about your wife’s grief applies to you. What you read about your wife’s needs might remind you of your own needs. And what you read about protecting your relationship will certainly be for your benefit and hers.”

FOR SINGLE PARENTS:



[Single Parent Grief](#) - Sherokee Ilse [\(A Centering Corporation Resource\)](#)

Single Parent Grief is for women and men who are single and dealing with the death of a child in miscarriage, as an infant, or as an older child. It addresses the issue of facing the loss as a single parent, feeling lonely, guilt and shame, envy and jealousy, pressure from others, relationship issues, other issues that may be affecting you, dealing with your grief, building support, coping skills, and dating again.

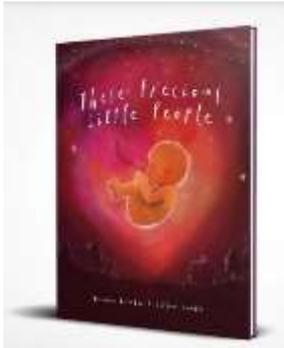
Most resources are written for couples living together, married, or in a committed relationship. *Single Parent Grief*, however, is specifically written for single parents without a steady partner. It is meant to assist you in the early days of your loss. You will find helpful hints, resources, and suggestions for places to turn and ways to seek the support you deserve and need.

FOR CHILDREN:



[We Were Gonna Have a Baby, But We Had an Angel Instead](#) - Pat Schwiebert ([A Centering Corporation Resource](#))

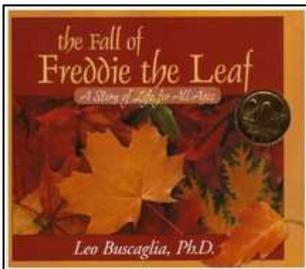
This book expresses the excitement and anticipation children have while waiting for their new sibling to arrive and the sudden, life-changing nature of an unexpected loss. It's narrated by a young boy who shares his and his family's disappointment and grief over the loss of their baby.



[These Precious Little People](#) - Frankie Brunner and Gillian Gamble

These Precious Little People was created in loving memory of all babies gone too soon. The author knows from personal experience just how painful it is for a family to have to say goodbye to a precious little one and how difficult it can be to explain what happened to any living children affected. Anyone supporting children affected by the death of a baby can use this book to provide a more positive focus and to help remember these precious little people with love and pride.

These Precious Little People can be used as a framework to have open and honest conversations where the circumstances specific to each baby's death can be explained more fully as necessary. Families reading the book with their children can develop an understanding that any grief they are experiencing (or witnessing) is normal and healthy.



[The Fall of Freddie the Leaf: A Story of Life for All Ages](#) - Leo Buscaglia, Ph.D.

The Fall of Freddie the Leaf touches children and adults alike, illustrating the delicate balance between life and death. A warm, thought-provoking story about how Freddie and his companion leaves change with the passing seasons, finally falling to the ground with winter's snow, is an inspiring allegory illustrating the delicate balance between life and death.



[Robert Nathaniel's Tree](#) - Rara S. Schlitt

"This is a very well written, touching, age-appropriate book - one of the best children's grief books I've read. It is written for young children regarding the thoughts and feelings surrounding the death of an infant sibling. It speaks from the child's point of view; what he likes and doesn't like about the experience. What a blessing this is for grieving children, their parents, other family members and friends, caregivers, etc. This should be in the library of all people involved in helping parents who have experienced the death of a baby." - Amazon Review



[Something Happened](#) - Cathy Blanford

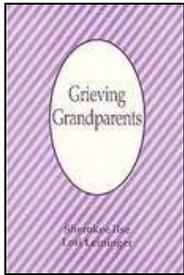
This beautifully illustrated, simple, clear story is designed to help a young child understand what has happened when there is a pregnancy loss. The book addresses the sadness that a child experiences when the anticipated baby has died. The child's fears and guilt are addressed, along with other confusing 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 that he is still a vital part of a loving family.



[Why is Mommy Crying?](#) - I Cori Baill

Explaining early pregnancy loss to young children comforts children as young as three, their parents, extended family, and friends. Because miscarriage affects about a third of pregnancies, most readers likely know someone who has experienced this sadness. This beautifully illustrated, inclusive, nondenominational picture book helps recipients of every age understand that the door is open and a caring person is on the other side. Written by an experienced physician, *Why is Mommy Crying?* comforts in the context of family and the larger universe. Young ones are also helped in navigating their fears.

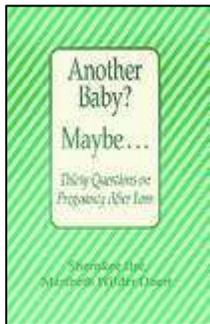
FOR GRANDPARENTS:



[Grieving Grandparents](#) - Lori Leininger & Sherokee Ilse ([A Centering Corporation Resource](#))

This book is a practical exploration of the anguish, sorrow, and sense of helplessness that grandparents feel when their beloved grandchild dies. Critical information is shared to aid grandparents as they attempt to comfort and support their children who suffer. At the same time, they also learn to cope with their own grief. Many specific examples will make a difference in their children's lives.

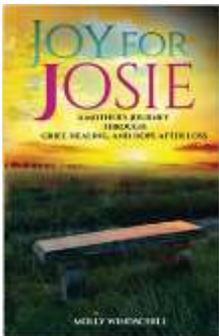
PREGNANCY AFTER LOSS:



[Another Baby? Maybe... Thirty Questions on Pregnancy After Loss](#) - Sherokee Ilse with Maribeth Wilder Doerr ([A Centering Corporation Resource](#))

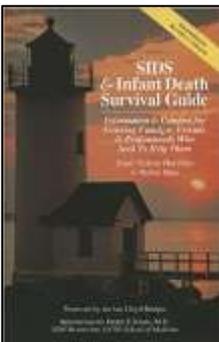
This book provides suggestions and encouragement to bereaved parents contemplating or experiencing a pregnancy after miscarriage, infant loss, or the death of an older child. It is written with Maribeth Doerr, founder of Pen-Parents. Addresses frequently asked questions about subsequent pregnancies, such as, "How long do I need to wait to try again?" "What if I can't get pregnant again?" and "When the baby is born, will I finally be happy?"

ADDITIONAL READING:



[Joy for Josie: A Mother's Journey through Grief, Healing, and Hope after Loss](#) - Molly Windschill

Joy for Josie is a real, raw account of a mother writing her way through grief after experiencing an early miscarriage, followed by the stillbirth of their daughter, Josie, just two weeks before her due date. Through writing, she is able to navigate through these debilitating losses and begin to heal. She hopes that through sharing her own story, other grieving mothers will know that they are not alone, and others who may know someone experiencing a loss will be better able to understand the pain that they are going through. It is a dark road that no one should have to experience, but in the end, there is always hope.



[SIDS & Infant Death Survival Guide: Information & Comfort for Grieving Family & Friends & Professionals Who Seek to Help Them](#) - Joani Nelson Horchler & Robin Rice

The SIDS & Infant Death Survival Guide is not just a 'SIDS' book. It is one of the most life-affirming, informative, and moving books I have ever read. The writings of survivors are nothing less than inspirational and the best illustrations of how, even in the aftermath of tragedy, our most precious emotions of joy and hope can be reclaimed. I cannot think of a single group touched by SIDS, who worry about SIDS, or who need to be reminded of the power of love who will not derive comfort and insight from this remarkable book.

This 4th edition is revised and updated and has a new introduction by Dr. Henry Krous. It provides authoritative new medical research information on Sudden Infant Death Syndrome and infant death and articles and poems by parents and family members who have lost babies to SIDS and other deaths such as suffocation. The most comprehensive book ever written on SIDS, its 19 chapters cover everything from the particular grief of mothers, fathers, siblings, grandparents, friends, and child-care providers to guilt, anger, dreams, premonitions, peer and professional support, emergency response, planning funerals, enduring anniversaries, having subsequent children, and reducing the risk of SIDS and infant death.