

# A Resource Guide for Families

Provided by

## Star Legacy Foundation New Jersey Chapter

*This resource guide was compiled by parents and families of stillborn babies in your area. We want you to know that **you are not alone**, and though it may be difficult to reach out at this time, we found that the following resources offered comfort and support in our time of need.*

### Chapter Contact Information:

952-715-7731 x744

[newjersey@starlegacyfoundation.org](mailto:newjersey@starlegacyfoundation.org)

**WEBSITE: TBD**

FACEBOOK: <https://www.facebook.com/slfnewjersey/>

INSTAGRAM: <https://www.instagram.com/slfnewjersey/>

# CONTENTS

1. BEFORE DELIVERY CHECKLIST	3
2. AFTER DELIVERY CHECKLIST	4
3. MAKING MEMORIES WITH YOUR BABY AT THE HOSPITAL	5
4. PHOTOGRAPHY	6
5. NYS CERTIFICATE OF STILLBIRTH	7
6. FINDING ANSWERS/TESTING OPTIONS	7
7. ORGAN DONATION	8
8. FUNERAL/BURIAL INFORMATION	8
9. SUPPORT GROUPS AND PHONE SUPPORT	9
10. LOCAL PROFESSIONAL SUPPORT	10
11. LACTATION AFTER LOSS	11
12. FINANCIAL ASSISTANCE	12
13. LOCAL ORGANIZATIONS AND EVENTS	13
14. KEEPSAKES	13
15. ADDITIONAL RESOURCES	14

## 1. BEFORE DELIVERY CHECKLIST

Consider asking family members or hospital staff to assist you with any/all of these items.

✓	TO DO LIST	ADDITIONAL INFORMATION
	1. <a href="#">Contact a professional photographer</a>	<ul style="list-style-type: none"> <li>• NILMDTS</li> <li>• Have someone other than the parents call if possible to let them know the circumstances and potential time frame</li> </ul>
	2. <a href="#">Contact local funeral homes</a>	<ul style="list-style-type: none"> <li>• Discuss finances</li> <li>• Cremation vs. burial</li> <li>• Financial assistance is available for those who qualify. See our FINANCIAL ASSISTANCE section for more details</li> </ul>
	3. <a href="#">Make a decision about having an autopsy, genetic testing, etc.</a>	<ul style="list-style-type: none"> <li>• Read SLF resources</li> <li>• Determine costs covered by the hospital</li> <li>• Discuss with your providers</li> <li>• Request to speak with the pathologist if you have any questions</li> <li>• Sending your placenta for testing can be done with or without an autopsy</li> <li>• An autopsy may help you find answers if having children after your loss is something that may be an option</li> </ul>
	4. <a href="#">Complete the Application for a Florida Certificate of Birth Resulting in Stillbirth</a>	<ul style="list-style-type: none"> <li>• Request that the hospital social worker help you complete the form if you need assistance.</li> <li>• Complete this form so you have it. You can make the decision to mail it in at a later time.</li> </ul>
	5. <a href="#">Make a decision about organ donation</a>	<ul style="list-style-type: none"> <li>• Decide if organ donation is an option and if this is something you and your family would like to consider.</li> </ul>

## 2. AFTER DELIVERY CHECKLIST

Consider asking family members or hospital staff to assist you with any/all of these items.

✓	TO DO LIST	ADDITIONAL INFORMATION
	1. <a href="#">Make memories with your baby</a>	<ul style="list-style-type: none"> <li>Utilize this precious and limited time with your beautiful baby/babies.</li> </ul>
	2. <a href="#">Reach out to your professional photographer ASAP</a>	<ul style="list-style-type: none"> <li>Ask for whatever pictures you would like</li> <li>Consider taking family pictures with grandparents, living children, etc.</li> </ul>
	3. <a href="#">Contact the funeral home you selected to finalize arrangements</a>	<ul style="list-style-type: none"> <li>If you decide on an autopsy, discuss this with your funeral director. A viewing should still be an option.</li> </ul>
	4. <a href="#">Decide how you would like to address your milk production</a>	<ul style="list-style-type: none"> <li>Donate milk</li> <li>Save some milk to make jewelry</li> <li>Cabocreme – to help with ending milk production</li> </ul>
	5. Ask someone to create a meal train for when you return home from the hospital	<ul style="list-style-type: none"> <li><a href="http://www.mealtrain.com">www.mealtrain.com</a></li> </ul>

### 3. MAKING MEMORIES WITH YOUR BABY AT THE HOSPITAL

---

*Below you will find a list of some of the things other families have done with their baby(ies) during their hospital stay. If you are lacking resources, please consider asking the hospital staff for donated items or asking a family member or friend to make a trip to the store to purchase items for you. Most importantly, **take your time when making decisions and be kind to yourself.***

- Name your baby
- Hold and touch your baby
- Kiss and hug your baby
- Request skin to skin contact after your baby is born
- Let family and friends hold and meet your baby
- Ask hospital staff for weight/height/head circumference measurements
- Ask hospital staff to fill out a crib card
- Ask hospital staff for name bands for your baby
- Handprint/footprint cards (have multiple made if possible)
- Hand/foot molds (Crayola model magic works well)
- Lock of hair keepsake
- Bathe your baby (ask for assistance if needed)
- Take photos of labor/delivery/your baby (every part of their body)
- Request professional photographs
- Take videos
- Journal (in writing/videos)
- Religious rituals (ex: baptism, etc.), ask for the hospital Chaplain
- Watch sports games on television with your baby
- Play music
- Read books
- Dress your baby
- Make a memory box or a memory book

## 4. PHOTOGRAPHY

---

*Pictures and videos are precious memories you will have with your baby. We understand that during the grieving process this may feel very heavy on your heart. Even if you do not want to take photos or videos at this moment in time, please ask the hospital staff to do this for you.*

- Now I Lay Me Down to Sleep (free remembrance photographers and photo retouching)  
[www.nowilaymedowntosleep.org](http://www.nowilaymedowntosleep.org)

## 5. New Jersey Certificates of Birth Resulting in Stillbirth

---

The Office of Vital Statistics and Registry maintains records to prepare Certificates of Birth Resulting in Stillbirth from 1969 to the present.

The parent(s) can request a certified copy of a Certificate of Birth Resulting in Stillbirth by **submitting a completed the REG-68 form**. **Acceptable Forms of Identification** and **the appropriate fees** directly to the Office of Vital Statistics and Registry or to a licensed health care professional for signature, who is then responsible for submitting the documents.

The form and above items are to be submitted to:

New Jersey Office of Vital Statistics and Registration  
Attn: Still Birth Certificate Processing  
PO Box 370  
Trenton, NJ 08625-0370

Additional information is provided on the **REG-68 form** or can be obtained at 1-866-649-8726 extension 506 (Monday through Friday, 8:30am - 4:00pm EST) excluding State Holidays.

Link for more information: [Department of Health | Vital Statistics | Certificates of Birth Resulting in Stillbirth \(nj.gov\)](https://www.nj.gov/health/vital-statistics/certificates-of-birth-resulting-in-stillbirth/)

## 6. FINDING ANSWERS/TESTING OPTIONS

---

We understand the thought of finding out why your baby has passed away can be overwhelming. Since many of the tests are time sensitive, we believe in giving you the best resources as soon as possible so it can help you to make a decision.

- <https://starlegacyfoundation.org/finding-answers/>
- We gently encourage families to request that their placenta be sent away for testing (different than an autopsy).
- If you are struggling with making a decision regarding an autopsy, you can always request to speak with the pathologist who would perform the exam.
- We also encourage a family member to reach out to your insurance for you to discuss coverage.
- If you would like help making a decision by speaking with a fellow bereaved parent, please email [newjersey@starlegacyfoundation.org](mailto:newjersey@starlegacyfoundation.org)
- Article written by Lindsey Wimmer, MSN, CPNP to help answer questions you may have: <http://starlegacyfoundation.org/my-baby-is-dead-what-happened/>

## 7. ORGAN DONATION

---

We recognize that organ donation is a highly personal and difficult decision. If you would like to consider organ donation, please speak with your health care provider to find out if this is an option for your family during this difficult time.

- Donor Family Service Council for MTF Biologics: <https://www.mtfbiologics.org/>

## 8. FUNERAL/BURIAL INFORMATION

---

Many local funeral homes (including those listed below) offer free/reduced cost services for infants. Inquire at funeral homes in your area to see what options they offer.

Name	Contact	Costs
VanderPlaat Funeral Home	201-843-3100	<a href="#">Vander Plaat Memorial Home   Paramus, NJ Funeral Home &amp; Cremation (bing.com)</a>

**Planning a Funeral for a Baby Resource:** <https://www.themorning.com/baby-funeral/>

**In the Light Urns:** (infant specific urns) <https://www.inthelighturns.com/youthful.html>

**Heaven's Gain Ministries:** <https://heavensgain.org/>

## 9. SUPPORT GROUPS AND PHONE SUPPORT

---

*All the perinatal bereavement support listed here is completely free of charge.*

### Phone/Text Support

- National Telephone Grief Support 24/7: 952-715-7731; ext 1
- Suicide & Crisis Hotline 24/7: Dial 988
- Volunteer Crisis Counselors 24/7: Text HOME to 741741
- National Maternal Mental Health Hotline 24/7: Call or Text HOME to 833-943-5746

### Star Legacy Foundation New Jersey Support

- Be matched with a peer companion (a fellow parent or grandparent who has lost a baby and received specialized training in grief support) who can offer support at any time during your loss.

### Star Legacy Foundation Online Support Groups

- <http://starlegacyfoundation.org/support-groups/>

### Postpartum International Support Groups

- <https://www.postpartum.net/get-help/psi-online-support-meetings/>

### Children's Bereavement Center (local, currently Virtual):

- <https://childbereavement.org/support-groups/new-perinatal-loss-groups.html>

### The Sad Dads Club (SDC) - Fathers:

- [Sad Dads Open Hour Zoom Link](#)

**Pregnancy and Infant Loss Support Centre (PILSC, Canada but open to US residents):**

- <https://pilsc.org/get-support/groups-navigator/>

**Pockets of Light**

Virtual and in-person support groups for men and women

Montclair, NJ 07043

973-619-4277

[www.Pocketsoflight.org](http://www.Pocketsoflight.org)

**Share Pregnancy and Infant Loss Support**

Providing information education and resources on the needs of bereaved parents and siblings.

Support groups in English and Spanish

1600 Heritage Landing, Suite 109 St. Peters, MO 63303

800-821-6819

[nationalshare.org](http://nationalshare.org)

**Griffin Cares Foundation**

Virtual peer support groups and peer mentors

P.O. Box 673 Tenafly, NJ 07670

[Griffincaresfoundation.org](http://Griffincaresfoundation.org)

## 10. PROFESSIONAL SUPPORT (LOCAL)

---

This website allows you to search for local providers who are accepting patients as well as filter based on individual needs (insurance, location, etc.) [www.psychologytoday.com/us](http://www.psychologytoday.com/us)

## 11. LACTATION AFTER LOSS

---

*As mothers who have experienced a stillbirth, we know the pain of having your milk come in shortly after saying goodbye to your baby.*

- **Resources:**
  - <https://illusa.org/lactation-after-loss/>
  - <http://www.emptyarmsbereavement.org/lactation-support-after-loss>
  - **Ending Milk Production:** <http://www.cabocreme.com/>
  
- **Donation:**
  - Mothers' Milk Bank of Florida (MMBFL): [www.milkbankofflorida.org](http://www.milkbankofflorida.org)
  - Human Milk for Human Babies Florida Facebook Group:  
<https://www.facebook.com/groups/hm4hbflorida>
  
- Please see the KEEPSAKES tab for options you have with breastmilk jewelry

## 12. FINANCIAL ASSISTANCE

---

*Several organizations can assist with funeral/burial expenses for those who qualify.*

- **Hayden's Helping Hands**
  - Assists parents in all 50 US states with medical expenses after the birth of a stillborn baby (20 or more weeks gestation.) All qualifications must be met for approval.
  - [haydenshelpinghands.com](http://haydenshelpinghands.com)
  
- **Angel Name Association:** [www.angelnames.org](http://www.angelnames.org), 518-654-2411
  - ANA's SEOLE Program provides financial assistance for families of stillborn children. Through this program ANA is able to assist with expenses related to: autopsy, funeral/burial, cremation, cemetery plot, and headstone/monument
  - Application:  
[http://angelnames.org/wp-content/uploads/2016/07/RFA-FORM-with-FAQ-on-p1\\_2015.pdf](http://angelnames.org/wp-content/uploads/2016/07/RFA-FORM-with-FAQ-on-p1_2015.pdf)
  
- **Kelly Ryan Foundation:** [www.kellyryanfoundation.org](http://www.kellyryanfoundation.org)
  - KRF's mission is to provide financial assistance to families who have lost a baby but can not afford a burial or cremation.
  
- **The Tears Foundation:** [www.thetearsfoundation.org](http://www.thetearsfoundation.org)

- o The TEARS Foundation seeks to compassionately lift a financial burden from families who have lost a baby by providing funds to assist with the cost of burial or cremation services.
- o Application: <https://fs22.formsite.com/thetearsfoundation/form16/index.html>

## 13. LOCAL EVENTS

---

- ***Please follow us on Facebook and Instagram @SLFSouthFlorida for our annual events (5K/Remembrance Walk)***
- Participate in the "Wave of Light" on October 15th by lighting a candle at 7 PM in all time zones, all over the world. Keep your candle burning for at least an hour, which will create a wave of light over the entire world.

## 14. KEEPSAKES

---

- Collection of keepsakes: [https://store.starlegacyfoundation.org/?b\\_product\\_cat=118](https://store.starlegacyfoundation.org/?b_product_cat=118)
- M.E.N.D.: An extensive compilation of miscarriage, stillbirth, and infant loss keepsakes <https://www.mend.org/keepsakes/>
- The Cooper Project (remembrance necklace, free) <https://www.facebook.com/thecooperproject141/>
- Molly Bears (weighted teddy bears, \$25) [www.mollybears.org](http://www.mollybears.org)
- Held Your Whole Life (remembrance jewelry, free but pay \$5 shipping fee) [www.heldyourwholelife.com](http://www.heldyourwholelife.com)
- Forever Heart (baby memory book specific for baby loss, \$5)
- The Midnight Orange (handmade loss sculptures) <https://www.etsy.com/shop/TheMidnightOrange>
- Oregon Du Drops (rainwater keepsakes by date/month) <https://oregondurops.com/>
- Breast Milk/Hair/Ashes Jewelry
  - o [www.beyondthewillowtree.com/](http://www.beyondthewillowtree.com/)
  - o [www.laitdelavie.com](http://www.laitdelavie.com)
  - o [www.mammasliquidlove.com](http://www.mammasliquidlove.com)
  - o <https://babybeehummingbirds.com.au/>
  - o [www.breastmilkjewelry.com/](http://www.breastmilkjewelry.com/)
  - o [www.cremationcreations.net](http://www.cremationcreations.net)

- Thumbies (finger/hand/foot print keepsakes) <https://www.meadowhillco.com/>
- Free Photo Retouching, see our PHOTOGRAPHY section in this Resource Guide
- Grief Watch, Bereavement resources, memorial products and links, 360-433-2527, [www.Griefwatch.com](http://www.Griefwatch.com)

## 15. ADDITIONAL RESOURCES

---

Please visit <https://starlegacyfoundation.org/resources/> for other resources including but not limited to:

- online readings and resources
- songs
- podcasts
- films
- books

### **NJStillbirth.org**

Website with education, resources and support

[www.NJstillbirh.org](http://www.NJstillbirh.org)

### **Three Little Birds Perinatal Organization**

Pregnancy and Infant Loss Support

856-656-6436

[www.threelittlebirdsperinatal.org](http://www.threelittlebirdsperinatal.org)

### **Hope Blooms**

Podcast on miscarriage by the Early Pregnancy Loss Association

### **Still A Part Of Us**

Podcast about stillbirth with families sharing their own stories of loss

### **MISS Foundation**

Providing resources and support for families that have experienced infant loss, stillbirth or early infant death

602-279-6477

[www.Missfoundation.org](http://www.Missfoundation.org)

### **Courage in Time**

Supporting families who have experienced stillbirth and infant loss through curated bereavement boxes, grief and postpartum resources and connection to other bereaved families

[www.Courageintime.com](http://www.Courageintime.com)

### **The Nesting Place**

Perinatal support for all things momma, from doulas, to lactation, ultrasounds and more!

115 Pine Street, Ridgewood, NJ

201-623-3629

[info@thenestingplacenj.com](mailto:info@thenestingplacenj.com)

### **Fit4Mom Bergen**

Workout classes and an incredible community of women and moms.

Bergen County, NJ

201-749-1073

[bergen@fit4mom.com](mailto:bergen@fit4mom.com)

Fitness For Moms - FIT4MOM® Bergen

[bergen@fit4mom.com](mailto:bergen@fit4mom.com)

### **Dr. Kimberly Fallon - OBGYN**

Great OBYN with incredible bedside manor.

Holy Name, Teaneck, NJ 551-288-1025

[https://www.bing.com/alink/link?url=https%3a%2f%2fwww.holyname.org%2fphysician%2fdetails.aspx%3fphyid%3d89474&source=serp-local&h=IxSI8NK%2bUMflrOUuPu5VjpVU4BpkuMvitWZ7Fgku%2b10%3d&p=lw\\_le](https://www.bing.com/alink/link?url=https%3a%2f%2fwww.holyname.org%2fphysician%2fdetails.aspx%3fphyid%3d89474&source=serp-local&h=IxSI8NK%2bUMflrOUuPu5VjpVU4BpkuMvitWZ7Fgku%2b10%3d&p=lw_le)

c&ig=93EDBE23E3214058A05D9717BD02BF44&ypid=YN873x16675567077031804375

### **Dr. Jane Goldman**

High Risk Physician, Maternal Fetal Medicine

140 East Ridgewood Avenue, Suite 390S, Paramus, NJ 07652

201-291-6321

### **Hope For Healing -Guide to Depression after Pregnancy and Infant Loss.**

Virtual support group and Emotional Health

Phone Support for women who have suffered a loss

862-281-3733

[www.pmch.org](http://www.pmch.org)

### **Return To Zero organization**

National non-profit organization that provides comprehensive holistic support, resources, and community for those who have experienced the loss of a baby

[www.rtzhope.org](http://www.rtzhope.org)

### **Hope After Loss Support groups**

individual support, burial and cremation assistance, community outreach and education, mens support group

900 Chapel St. 10th Fl. New Haven, CT 06510

203-782-4330

[www.hopeafterloss.org](http://www.hopeafterloss.org)

### **At a Total Loss/Katherine Lazar Podcast**

Stillbirth highlighting stories, advice and support. Katharine is also very active on Instagram and is a great resource especially in connecting loss moms

**The Blindsided**

Podcast about stillbirth, infant loss

**Confessions of a grieving mother**

Podcast about stillbirth, infant loss