



Waxbarashada Bukaanka

Xarunta Umusha iyo Dhallaanka



Daryeelka Naftaada Kadib Markaad Weyday Ilmahaagii

Raysashada jidhka iyo niyadda

Maalmaha ka danbeeya waayitaanka (lumista) ilmahaaga waa dhibaato badnaan kartaa. Xaashidani waxay kaa gargaaraysaa fahamka isbedelka jidhkaaga oo waxay ku siinaysaa macluumaadka daryeelka iyo raysashada. Haddii fariimaha dhakhtarkaaga ama umulisadu ay ka duwan yihiin tilmaamahan, raac fariimaha dhakhtarkaaga.

Wac dhakhtarkaaga isla markiiba haddii aad isku aragto calaamadaha digniinta ah eek u qoran xaashidan.

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Niyadaada

Waayitaanka ilmuhu waa waayo-aragnimo aad u adag. Hooyooyinka qaar, waxay ku timaadaa uur caadi ah kadib, oo ah waxaan la filanayn. Qaarna, waxa jira calaamooyin digniin ah muddada uurka. Si kastaba ha ahaatee, waayitaanku waa wax adag. Waanu ka xunahay ilmaha kaa dhintay.

Dareenka muruguda ka sokow, waxa laga yaabaa inaad dareento cadho, danbiile, murugo iyo niyadjab kale oo badan. Waxa laga yaabaa inaad jeclaysato inaad keli ahaato, ama inay kula joogaan qoyskaaga iyo saaxiibadaa. Dhammaan dareenadaasi waa qayb caadi ka ah tiiraanyada.

Shaqaalahaaga bulshada ayaa ku siin doona taageero iyo macluumaad si uu idiinka gargaaro adiga iyo qoyskaaga sidii aad uga kaaban lahaydeen niyad-xumada la xidhidha waxaad weydeen toddobaadyada iyo bilaha xiga. Ilaha khayraadka qaar aya lagu siin doonaa xagga danbe ee xaashidan. Waxa kale oo aad kala hadli kartaa lataliye xagga taageerada iyo hagitaanka muddada wakhtiga adag.

Tamartaada

Waxa laga yaabaa inaad dareento daal badan maalmaha hore kadib marka uu kaa dhinto ilmahaagu. Ta kale, dhalmada lafteeda ayaad isticmaashay tamartaadii kaydsanayd, oo xaalkaaga niyad ahaaneed ayaa isna fuuqsanaya tamartaada. Isku-day inaad hesho nasashada ugu badan ee suurtagal ah. Yara seexo markaad karto.

Waxa kale oo isbedeli kara nidaamkaaga hurdada iyo cuntada. Waxyabahaas oo dhanna waa caadi.

Daryeelkaaga La-socodka

Waxaad u baahanatahay inaad kaqabsato dhakhtarkaaga ballan 6 toddobaad kadib dhalmada.

Dhakhtarkaaga ayaa fiirin doona si uu u hubiyo inaad ka raysatay uurkii iyo dhalmadii. Ha seegin booqashadaas muhiimka ah.

Raysashada Jidh ahaaneed

Raysashada niyadda ka sokow, jidhkaaga ayaa mari doona marxalado isbedel dhalnada kadib. Macluumaadka boggag xiga ayaa sheegaya wixii caadi ah iyo waxaad uga wacayso dhakhtarkaaga. Waxa kale oo jira macluumaad la xidhiidha ku noqoshada hawlahaagii caadiga ahaa.

Calaamadaha Digninta ah

Wac dhakhtarkaaga isla markiiba haddii:

- Heer-kulkaagu noqdo 101°F (38.3°C) ama ka badan.
- Qoyso neebka dhan oo ah dhiiga ka imaanaya siilka saacad kasta ilaa 2 ama 3 saacadood.
- Ay ay ku gaduudato, bararto, ama ku xanuunto lugta hoose ama bawdadu.
- Yeelato madax-xanuun aan ku tagayn is-baxnaaninta caadiga ah sida biyo cabbitaanka, nasashada, ama qaadashada Tylenol.
- Haddii ilmo lagugu qalay oo nabarkaagii xooga furan yahay, dheecaan ama dhiig ka imanayo, ama meeshu duduudantay, jilicday, ama xanuun leedahay.
- Dareemayso inaad naftaada ama qof kale waxyeelayso. Waxa kale oo aad wici kartaa kiliinigaaga ama 9-1-1.
- Aad welwel dareemayso in aanad sugi karin ilaa ballanka xiga ee kiliiniga. Marku shaki galo, hubi inaad wacdo.

Wac kiliinigaaga 24 saacadood gudahood haddii aad:

- Xinjiro ka imanayaan siilkaaga ka waaweyn suulkaaga.
- Dheecaan ka imanayo siilkaaga six un u uraya.
- Murugaysan tahay, tiiraanyooayso, ama qabto cabsi ka dheer intii aad u malaynayso inay ahaan lahayd.
- Welwel ka dareemayso in aanad sugi karin ilaa ballanka xiga ee kiliiniga.

Qabqabadka (xanuunka leh) ee Moxogga

Waxa laga yaabaa in lagu qabqabto moxogga (makaanka) ayaamaha hore ee raysashada. Kuwaas “xanuunka kadib ah” waxa dhaliya ilmo-galeenka oo dib u ururaya ilaa qiyaastii uu leekaa uurka kahor. Xanuunkaasu waxay ba’an yahay 2 ama 3 maalmood ee hore oo marka danbe wuu sahlanaadaa.

Qunyar neefsiiga, neef-tuurka dabacsan iyo ku kubaynta biyo diiran ayaa laga yaabaa inay ku anfacaan. Dhakhtarkaagu waxa laga yaabaa inuu kugula taliyo ibuprofen (Motrin, Advil, ama Nuprin) oo xanuunka aad u qaadato. Ilmo-galeenkaagu wuu sii yaraan doonaa ilaa muddo 6 toddobaad ah. Muruqyada calooshaadu waxa laga yaabaa inay qaadato muddo ka badan 6 toddobaad siday ugu soo noqon lahaayeen sidii ay ahaayeen uurka kahor.

Bararka Naaska iyo Dareerka (caanaha)

Dhalashada kadib, naasahaagu waxay samaynayaan caano hore oo gaar ah, oo la yidhaa *danbar "colostrum"*. 1 ilaa 3 maalmood gudahood, caanahaagii caadiga ahaa "ayaa imanaya" (buuxinaya naasahaaga). Waxa laga yaabaa in nasuhu ku baraan oo jilcaan markay taasi dhacayso. Naasahaagu waa ku xanuuni karaan ama adkaan karaan. Dhibtaasi waxay ku dhamaan ilaa dhaw maalmood, ilaa caanuhu bilaabaya inay gudhayaan.

Ha ka lisiin caanaha naasahaaga. Taasi waxay u sheegaysaa jidhka inuu caano kale sameeyo. Kolba inta aad listo, ayuu jidhkuu caano kale samaynayaa.

Candhasaab, baraf naasaha la saaro, iyo suun aad laabta iasaga warrejiso ayaa kaa nafisin kara dhibta. Si aan naasahaaga u xidho, tuwaal (shukumaan) ama maro dheer ku duub laabta oo isku qabo. Dhakhtarkaagu wuxu kuugu la talin karo xanuun-biiye. Dawooyinka naasaha "qalajiye" lama amaanin.

Naasahaagu waxa laga yaabaa inay caano qubaan. Maro khafiifa saar ama waraaqda naasnuujinta (aan balaastik lahayn) geli candhosaabka si uu u nuugo caanaha oo uga joojiyo dareerka dharkaaga.

Dhiiga Siilka iyo Soo-noqoshada Dhiiga Caadada

Dhiiga ka imanaya siilkaagu waa dhiiga ka socda meeshii madheertu kaga xidhnayd ilmo-galeenka iyo gudaha makaanka. Socodka dhiigu sida badan waa xoog oo xoog guduudan maalmaha hore. Dabeedna wuxu idku-bedelaa khafiif midabka, dabeedna cawlaan. Haddii uu yeeshu dheecaankaasu ur qadhmuun, dhakhtarkaaga u wac isla markiiba.

Qaddarka dhiigu wuu yaraadaa markay maalmaha iyo toddobaadyadu gudbaan. Haddii uu kugu kordho qaddarka dhiigu, ama uu guduud noqdo hadana, waa inaad in badan nasataa. Socodka dhiiga ka imaanaya siilku wuxu socon karaa ilaa 6 toddobaad. Waxyaabaha la geliyo "tampons", kuwa lagu buufiyo, ama istijada lagulama talinayo. Dhiigii caadada ee caadiga ahaa wuxu bilaaban doonaa 6 ilaa 8 todoobaad.

Bararka Lugaha

Bararka luguhu waa caadi wakhtigan oo kale. Waa inuu ku tagaa 7 ilaa 10 maalmood. Ha xidhan dhar kugu dhagsan haddii qabto luga bararsan oo aan tagay, luga xanuun, ama guduutan qaybaha hoose ee lugtaada.

Nafaqadfa

Ha is-caatayn si culays kaaga dhaco 6 toddobaad ee hore. Waxay dib u dhigi kartaa raysashadaada. Kala hadal dhakhtarkaaga baahiyaahaga cuntada (nafaqada) wakhtigan muhiimka ah.

Jimicsiga iyo Waxqabadka

Qunyar ku-noqoshada hawlahaagii caadiga ahaa waxay kaa gargaari doontaa raysashada oo ay kaa ilaalin doontaa daalka. Toddobaadyada dhawrka ah ee xiga:

- Ka shaqee daryeelka naftaada.
- Warso gargaar markaad u baahato.
- Hubi inaad ogolaato marka gargaar lagu fidiyo.
- Sug ilaa baadhitaanka 6 toddobaad kadib si aad ugu noqoto orodkii, jimicsigii, ama jimicsiyadii kale ee adkaa. Dhakhtarkaaga ayaa kuu sheegi markay habboon tahay inaad bilowdo jimicsi, ama inaad sugto muddo dheer.

Jimicsiyada Kegel

Baro sida loo sameeyo jimicsiyada Kegel si ay kaaga gargaaraan raysashada iyo xoojinta muruqyada moxogga.

- Markaad kaadhshayso:
 - Bilow kaadida, dabeedna qabo socdkeeda oo muruqyada xeji ama adkee.
 - Hay inta aad karayso, dabeedna sii daa.
- Dhawr jeer maalintii, adkee oo dabci isla muruqyadaas markaanad kaadhshayn.

Nabarada Bogsashada ama Episiotomy

Waxa laga yaabaa inay kugu yaalaan qodobo halkii sillka laga jeexay ama *episiotomy*, oo jeexitaan uu ku sameeyey dhakhtarku daloolka siilkaaga in yar kahor dhalmada. Qodobadaas waxay ku baa'baan 2 ama 3 toddobaad.

Intaad bogsoonayso, waa kuwa talooyin kaa gargaaraya sidaad u dareemi lahayd raaxo:

- Hoostaada ku qoy biyo adoo isticmaalaya “qubayska sitz” ee ay kalkaalisadu ku siisay. Ama, ku qoy biyo diiran guriga dhexdiisa..
- Jiifso ama dhinac u jiifso, oo ka ilaali culayska qodobada.
- Istimmaal buufiska bakhtiya.
- Istimmaal marada daawada leh (sida Tucks) oo saar qodobada.
- Qaado xanuun-biiyaha, sida uu dhakhtarkaagu kugu lataliyo.
- Hubi inaad biyo diiran ku shaydhiso (dhaqdhaqdo) hoosta kadib markasta oo aad kaadido. Istimmaal dhalada aad ka soo qaadatay cisbitaalka.

Babaasiirta

Waxa laga yaabaa inaad yeelato babaasiir (xidida malawadka oo bukooda) maalmaha danbe ee uurka. Babaasiirtaas waxa laga yaabaa in dhalmadu sii kiciso. Badi babaasiirtu waxay la socotaa uurka oo dabeedna tagtaa dhalmada kadib.

Sida aad uga ladnaato xanuunka babaasiirta:

- Hoostaada ku qoy biyo adoo isticmaalaya “qubayska sitz” ee ay kalkaalisadu ku siisay. Ama, ku qoy biyo diiran guriga dhexdiisa.
- Isticmaal marada daawada leh (sida Tucks).
- Isticmaal buufiska ama tuujiska bakhtiya.
- Hubi inaad biyo badan cabto.
- Cun midho iyo caleen badan si calooshu kuu socoto oo xaarku si dhib kuu soo dhaafo.

Galmada iyo Qorshaynta Qoyska

Ma jiro sharci la xidhiidha marka aad ku noqonayso galmada. Sida kuu sahlan iyo baahidaada ayaa sheegi taas. Hase ahaatee, dhakhtaradu badi waxay ku taliyaan:

- Sug galmada ilaa inta uu dhiigga ama dheecaanku ka joogsanayo siilkaaga.
- Isticmaal kiniika dhalmada. Waa fiicantahay inaad sugto ilaa ugu yaraan 6 bilood kahor intaanad uur yeelan mar kale, si jidhkaagu u raysto gebi ahaantiis. Haddii aad foolatay muddadii kahor, waxa fiican inaad sugto ugu yaraan 1 sanno kahor intaanad qaadin uur kale.
- Isku-day inaad isticmaasho dufan biyo ku qasma sida kareemada *K-Y Jelly* haddii engeeg ku aragto siilka markaad galmoonayso.

Kala hadal dhakhtarkaaga qaababka lagu joojiyo dhalmada joojiya ee aad rabto, oo ay ku jiraan:

- **Kiniinada dhalmada joojiya** – dhakhtarkaaga ayaa kuu qori kiniika kuu fiican.
- **Kondhomyada iyo xunbo** – kuwaasi ma laha dhibaato waxaanay ka dhawraan qofka cudurada galmada lagu kala qaado.
- **Irbada dhalmada joojisa “Depo-Provera”** – tani waxay ku dhamaataa 3 bilood, oo waxaad heli kartaa irbada hore kadib markaad ka soo baxdo cisbitaalka.
- **Mid la is-geliyo “Diaphragm”** – waa in lagugu qiyaaso oo dib lagu geliyo kadib dhalmada, waayo qaabka jidhkaagu wuu isbedelayaa uurka awgiis. Qiyaastan ayaa waxay dhacdaa 6 toddobaad baadhitaanka kadib.

Su'aalo?

Wac 206-598-4616

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama bixiyaha daryeelka caafimaadka haddii aad qabto su'aalo ama welwel. Shaqaalaha kiliiniga UWMC ayaa iyana jooga si ay kuu gargaaraan mar kasta.

Xarunta umusha iyo dhallaanka:
206-598-4616

- **Intra-uterine device (IUD)** – IUD waxa ku gelin kara dhakhtarkaaga 6 toddobaad baadhitaanka kadib.
- **Qorshaynta qoyska ee dabiiciga ah** – dhakhtarkaaga ayaa ku bari doona sida loo garto marka suurtagalnimada uurku ay ugu yar tahay, taas oo ku salaysan wakhtiga caadadaada.
- **Makaan la xidho**– tani waa qaab dhalmo joojin oo abada ah, taas oo macnaheedu tahay ilmo danbe ma dhalaysid. Waa inaad saxiixdo foom ogolaasho oo gaar ah si habka loo sameeyo. Kani waa go'aan u baahan inaad si sax ah uga fekirto kadib ilmaha kaa dhintay.

Ilo Khayraad oo Waxter Leh

Waa kuwan qaar ka mid ilo khayraad oo laga yaaba inaad waxtar ka hesho wakhtigan xaadirka ah:

SHARE: Taageerada Urka & Lumitaanka Ilmaha "Pregnancy & Infant Loss Support, Inc."

Waxay siisaa waalidiintaa iyo caruurtooda murugaysan macluumaad iyo ilo khayraad oo la xidhiidha baahidooda iyo xuquuqdooda. Waxay siisaa kuwa ku hulan dadka murugaysan gargaar bulsho.

St. Joseph Health Center
300 First Capitol Dr., St. Charles, MO 63301-2893
800-821-6819 or 314-947-6164
Fax: 314-947-7486
www.nationalshareoffice.com

Parents Reaching Out

Waxay siisaa waalidiintaa murugaysan warsidayaal iyo tilmaamo.
P.O. Box 14-2874, Anchorage, AK 99514
907-273-5409
www.parentsreachingout.net

Meel Xasuus Mudan

Bogga internetku wuxu leeyahay xidhiidhyo macluumaad la xidhiidha nasashada sariirta, dhiciska, iyo lumitaanka (waayitaanka) ilmaha.
1885 University Ave., Suite 110, St. Paul, MN 55104
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Caring for Yourself After Your Loss
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Caring for Yourself After the Loss of Your Baby

Emotional and physical healing

The days after the loss of your baby can be difficult. This handout is to help you understand the changes taking place in your body and to give you information about your care and recovery. If the instructions from your doctor or midwife are different from these guidelines, follow your provider's instructions.

Call your health care provider right away if you have any of the warning signs listed in this handout.

Your Emotions

Losing a baby is a very difficult experience. For some mothers, it may come after a normal pregnancy and is totally unexpected. For others, there are warning signs during pregnancy. Either way, the loss is very hard. We are sorry for your loss.

Besides feeling sad, you may also feel angry, guilty, depressed, and many other emotions. You may want to be alone, or you may want your family and friends around you. All these feelings are a normal part of grieving.

Your social worker can provide support and information to help you and your family work through the emotions related to your loss during the next few weeks and months. Some community resources are given at the end of this handout. You also may want to talk with a counselor for support and guidance during this difficult time.

Your Energy

You may feel very tired the first few days after you lose your baby. Besides the delivery itself using your energy reserves, your emotional state may also drain your energy. Try to get as much rest as possible. Nap when you can.

You also may have dramatic changes in your normal sleeping and eating patterns. All these responses are normal.

Your Follow-up Care

You will need to make an appointment with your health care provider for 6 weeks after the delivery.

Your health care provider will check to make sure you have recovered from the pregnancy and delivery. Do not miss this important visit.

Healing Physically

In addition to healing emotionally, your body will be going through many physical changes as you mend after the delivery. Information on the next few pages tells you what is normal and what you should call your health care provider about. There is also information about returning to your normal activities.

Warning Signs

Call your health care provider right away if you:

- Have a temperature of 101°F (38°C) or higher.
- Are soaking a full-sized pad or maxi-pad with blood from your vagina every hour for 2 or 3 hours.
- Have redness, swelling, or pain in your lower leg or thigh.
- Have a headache that won't go away with usual comfort measures such as drinking water, resting, or taking Tylenol.
- Have had a Cesarean birth and your incision opens a little, leaks fluid or blood, or the area becomes more red, tender, or painful.
- Feel you may hurt yourself or another person. You may also call your clinic or 9-1-1.
- Have a concern you feel cannot wait until your next clinic visit. When in doubt, be sure to call.

Call your clinic within 24 hours if you:

- Are passing clots from your vagina that are larger than your thumb.
- Have a discharge from your vagina that smells bad.
- Feel sad, depressed, or have anxiety longer than you think you should.
- Have a concern you feel cannot wait until your next clinic visit.

Uterine Cramps

You may have abdominal (uterine) cramps in the first days of your recovery. These “after pains” are caused by the uterus shrinking back to its before-pregnancy size. The pains are strongest for the first 2 or 3 days and then become less uncomfortable.

Taking slow, relaxed breaths and putting hot packs on your lower belly may help. Your provider may suggest ibuprofen (Motrin, Advil, or Nuprin) for pain. Your uterus will continue to shrink for about 6 weeks. Your stomach muscles may take longer than 6 weeks to return to the way they were before pregnancy.

Breast Swelling and Leaking

After birth, your breasts make a special early milk, called *colostrum*. Within 1 to 3 days, your regular milk “comes in” (fills your breasts). You may have breast swelling and tenderness when this happens. Your breasts may become painful or hard. This discomfort will last a couple of days, until your milk starts to go away.

Do not express milk from your breasts. This tells your body to make more milk. The more milk you express, the more milk your body will produce.

A bra, ice packs on your breasts, and a binder around your chest may help relieve this discomfort. To bind your breasts, wrap a towel or long piece of cloth tightly around your chest and pin it. Your health care provider may recommend a milk pain medicine. Medicines to “dry up” your breasts are not recommended.

Your breasts may also leak milk. Put a soft handkerchief or nursing pad (not plastic-lined) inside your bra to soak up the milk and keep it from leaking onto your clothes.

Vaginal Bleeding and the Return of Your Period

The bleeding from your vagina is blood from the area where the placenta was attached to the uterus and from the lining of the uterus. The flow is usually heavy and bright red for the first few days. Then it changes to a pinkish color, then brown. If the flow ever has a bad smell, call your health care provider right away.

The amount of bleeding decreases as the days and weeks pass. If you have an increase in the amount of blood, or if it is red again, you need to rest more. The flow of blood from your vagina may continue as long as 6 weeks. Panty liners and pads are helpful. Tampons, feminine sprays, or douches are not advised. Your regular period may begin again in 6 to 8 weeks.

Leg Swelling

Swelling in your legs is common during this time. It should go away in 7 to 10 days. Do not wear tight-fitting shoes or clothing. Tell your care provider right away if you have leg swelling that does not go away, leg pain, or redness in the lower part of your leg.

Nutrition

Do not diet to lose weight for the first 6 weeks. It could slow your healing. Talk with your health care provider about your nutritional needs at this important time.

Exercise and Activity

A slow return to your normal activities will help your recovery and keep you from getting too tired. For the next few weeks:

- Work on taking care of yourself.
- Ask for help when you need it.
- Be sure to accept help when it is offered.
- Wait until after your 6-week check-up to begin or go back to jogging, aerobics, or any other strenuous exercise. Your health care provider will tell you if it's OK to start exercising, or if you should wait longer.

Kegel Exercises

Learn to do Kegel exercises to help heal and strengthen the pelvic floor muscles.

- While you are urinating:
 - Begin to urinate, then stop the flow by tightening your muscles hard.
 - Hold as long as you can, then let go.
- Several times a day, tighten and relax these same muscles when not urinating.

Healing Tears or Episiotomy

You may have stitches from a vaginal tear or an *episiotomy*, which is a cut your health care provider made at the vaginal opening just before delivery. These stitches will dissolve in 2 or 3 weeks.

While you heal, here are tips to help you feel more comfortable:

- Soak your bottom in warm water, using the special “sitz bath” your nurse gave you. Or, soak in a warm bath at home.
- Lie or sit on your side, instead of directly on the stitches.
- Use a numbing spray.
- Use medicated witch hazel pads (such as Tucks) on your stitches.
- Take pain medicine, as your provider advises.
- Be sure to rinse your bottom well with warm water every time you urinate. Use the squirt bottle you received in the hospital.

Hemorrhoids

You may have developed hemorrhoids (inflamed veins in the rectum) late in pregnancy. These hemorrhoids may have been irritated during delivery. Most hemorrhoids that occur in pregnancy go away after the birth.

To relieve discomfort from hemorrhoids:

- Soak your bottom in warm water, using the special “sitz bath” your nurse gave you. Or, soak in a warm bath at home.
- Use medicated witch hazel pads (such as Tucks).
- Use a numbing spray or ointment.
- Be sure to drink plenty of water.
- Eat lots of fruits and vegetables so your bowel movements stay soft and easy to pass.

Sexuality and Family Planning

There is no rule about when you can go back to having intercourse. Your own comfort and desire will determine this. However, most health care providers suggest that you:

- Wait to have sex until you no longer have any bleeding or discharge from your vagina.
- Use birth control. It is best to wait at least 6 months before getting pregnant again, so that your body can heal completely. If you had a preterm labor, it is best to wait at least 1 year before getting pregnant again.
- Try using a water-based lubricant such as K-Y Jelly if you notice vaginal dryness during intercourse.

Talk with your health care provider about birth control choices, which include:

- **Birth control pills** – your provider will prescribe the pill that is best for you.
- **Condoms and foam** – these have no side effects and help prevent sexually transmitted diseases.
- **Depo-Provera shot** – this lasts for 3 months, and you can get your first shot before you leave the hospital.
- **Diaphragm** – you will need to be fitted or refitted for a diaphragm after delivery, because your anatomy may have changed due to being pregnant. This fitting happens at your 6-week check-up.

Questions?

Call 206-598-4616

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time.

Maternity and Infant
Center: 206-598-4616

- **Intra-uterine device (IUD)** – an IUD can be put in by your health care provider at your 6-week check-up.
- **Natural family planning** – your provider can teach you how to figure out when you are least likely to become pregnant, based on your menstrual cycle.
- **Tubal ligation (tubes “tied”)** – this is a permanent form of birth control, which means you will not be able to have any more children. You need to sign a special consent form to have this procedure done. This is a decision you may not want to make right after the loss of a baby.

Helpful Resources

Here are some resources you may find helpful at this time:

SHARE: Pregnancy & Infant Loss Support, Inc.

Provides information education and resources for the needs and rights of bereaved parents and siblings. Offers community aid to those involved with the bereaved.

St. Joseph Health Center

300 First Capitol Dr., St. Charles, MO 63301-2893

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Fax: 314-947-7486

www.nationalshareoffice.com

Parents Reaching Out

Provides newsletters and referrals for bereaved parents.

P.O. Box 14-2874, Anchorage, AK 99514

907-273-5409

www.parentsreachingout.net

A Place to Remember

Internet site has links to information about bed rest, premature births, and infant loss.

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