



STAR LEGACY
FOUNDATION

RESOURCE CATALOG

*Resources For Your Important Work With
Perinatal Patients and Their Families*



INTRODUCTION

Caring for families who are experiencing the death of a baby during pregnancy or infancy is among the most challenging tasks in health care. Early stages of parenthood are supposed to be happy moments filled with excitement and joy. This only makes it that much more devastating when they are filled with sorrow and grief. The one constant in all scenarios is love for the baby and the need for care and compassion. Health professionals who provide that critical support can be a source of hope and light for people in their darkest days.

Star Legacy Foundation is a community of families and health professionals who are here to help you and the families you serve along the way. We hope the items here will be helpful information and resources. The prenatal care pieces are designed to empower families with information that could prevent them from joining the 'club' of bereaved parents.

Please let us know if we can support you, your team, and your clients! Thank you for sharing our belief that Every Pregnancy Deserves a Happy Ending.

Lindsey Winauer, CPNP

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Because every pregnancy deserves a happy ending

Star Legacy Foundation General Brochure

Includes general information about Star Legacy Foundation and our mission, vision, programs and projects.

Stillbirth Brochure
Helpful information for parents who anticipate or have experienced the stillbirth of their baby. Also available in Spanish, Hmong and Somali.



STILLBIRTH

Finding your way when your baby dies




NAVIGATING A MISCARRIAGE



Navigating Miscarriage
helpful information for parents experiencing a miscarriage including definitions, causes and navigating their own grief. Also available in Spanish, Hmong and Somali.

Sudden Unexpected Infant Death
This brochure is intended for the family experiencing the completely unexpected death of their infant. It includes information on definitions, family impact, grief and physical and emotional care going forward. Also available in Spanish, Hmong and Somali.



SUDDEN UNEXPECTED INFANT DEATH




COPING WITH NEONATAL DEATH



Coping With Neonatal Death

This brochure supports families anticipating or experiencing the death of their newborn baby. It offers information on what to expect, physical and emotional care and ways to create memories of the baby.



WHERE TO BEGIN

When your baby has died

TAKE YOUR TIME
Unless there is a medical reason to rush, take time to process what you have been told. Talk to your partner, loved ones, or trusted advisors before making significant decisions. The Star Legacy Foundation Support Line is available to help answer questions and guide you through this difficult time - 952-715-7731, ext. 1

ASK QUESTIONS
Ask any questions you have. Write your questions down to remember them later.

CREATE A BIRTH PLAN
If your baby has not yet been delivered, it can be helpful to create a birth plan. This will not be the birth you dreamt of, but it can still be a special moment filled with love.

SPEND TIME WITH YOUR BABY
Take as much time as you'd like with your baby. You can give him/her a bath, read stories, take handprints/footprints, dress him/her, etc. It may feel scary or awkward at first, but most families cherish memories made with their baby.

TAKE PICTURES
Pictures can be a wonderful keepsake of your baby and your time together. Even if you don't think you'll want to look at them later, it is a good idea to take them in case you ever change your mind.



Where to Begin When Your Baby Has Died

At the time of a baby's death, reading volumes of information is just not likely or even possible. This brief card provides concise information that is timely and most important at the time of a death or when a stillbirth is anticipated. Greater details are available in other brochures. Also available in Spanish, Hmong and Somali.

Coping With Infant Death

This brochure provides support to parents and families who experience the death of their baby when the cause of death is apparent. Whether accidental or anticipated this brochure provides information on creating memories, physical and emotional care and supportive resources. Also available in Spanish, Hmong and Somali



COPING WITH INFANT DEATH




A FATHER'S GRIEF

Finding your way out of the shadows



A Father's Grief

Dads are often over looked out of concern for the mother when a baby dies. In addition, Dads feel the need to take care of their partner and tend to push their own grief into the background. This brochure is intended to help fathers understand that their grief is real, what to expect and how to cope. Also available in Spanish, Hmong and Somali.



Caring For Yourself After Prenatal Loss

A mother's body doesn't realize that her baby died. It carries on - the post-partum discomforts are real including in many cases the production of milk. This brochure helps mothers understand what to expect and how to manage her physical and emotional discomforts. Also available in Spanish, Hmong and Somali.

Grief of Grandparents

Grandparents experience a unique duality in their grief when a baby dies. This brochure helps grandparents to understand the nature of their grief and ways to be supportive of their own children immediately and going forward.

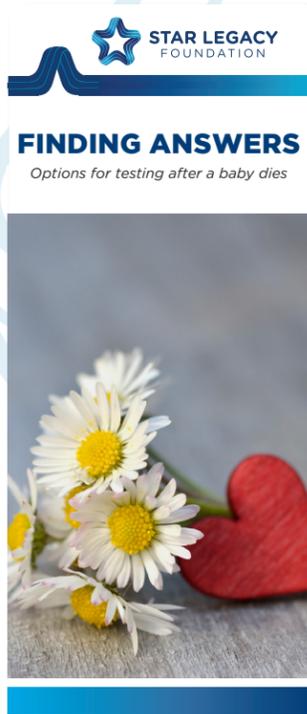
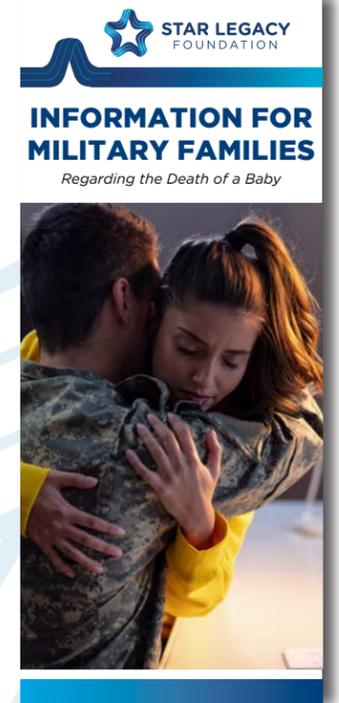


Information For Military Families

The US armed forces has unique benefits available to military families who experience the loss of a pregnancy or the death of their baby. This brochure reviews these benefits.

Family & Friends

This brochure is a guide for friends and extended family members when a baby dies. It is intended to help individuals know how to best support grieving parents and grandparents at this very difficult time.



Finding Answers

This brochure is designed to facilitate difficult conversations to ensure families understand the options for testing that are available after the death of their baby. Content includes information about autopsy, blood tests, common concerns, and possible benefits.

Talking With Children

The birth of a new baby is anticipated by the entire family, including other children. This brochure helps to explain what children understand at various developmental levels and how to talk to them about the baby. This includes both children living at the time of the loss as well as children born subsequent to the loss.



Parenting In Pregnancy Booklet

This booklet is for the pregnant woman anticipating the birth of a baby. It can be given very early on as it includes recommended healthy pregnancy habits. Also included is the most current information on topics such as monitoring your baby's behavior, safe sleep and more. A brief summary card of this information is also available. Also available in Spanish, Hmong and Somali.



Minnesota Center for Stillbirth & Infant Death

Established in 2019 with support from the Minnesota Department of Health, this brochure describes the programs and projects available to Minnesota families who suffer pregnancy loss or the loss of a baby up to one year of age.

PARENTING IN PREGNANCY

Taking care of baby starts now!

Pregnancy is an exciting time to prepare for a new life. But many new parents don't realize that your parenting duties begin now!

ADOPT A HEALTHY LIFESTYLE
Maintain a healthy weight, exercise, eat a balanced diet, stop using tobacco, alcohol, or other recreational drugs, and reduce stress.

KNOW YOUR RISK FACTORS
Talk to your health provider about any risk factors for poor outcomes.

- Maternal infections
- Moms over 35 years old
- Gestational Diabetes
- High blood pressure
- Maternal health conditions (lupus, kidney, heart, or thyroid disease, anti-phospholipid syndrome, etc.)
- African American or Native American ethnicity
- History of previous poor pregnancy outcome (preterm birth, small for gestational age baby, stillbirth, neonatal death)
- Use of assistive reproductive technologies
- Pregnancy beyond 40 weeks
- Poor growth in baby
- Change in baby's movements

LEARN ABOUT YOUR BABY
Your provider may recommend blood tests, urine cultures, and ultrasounds to monitor your baby's health.

Parenting In Pregnancy (reminder card)

This card is a review of topics covered in the Parenting in Pregnancy Booklet - it talks about healthy lifestyle during pregnancy, knowing your risk factors, learning to know your baby, quality sleep, monitoring baby and listening to maternal intuition. Also available in Spanish, Hmong and Somali.

Pregnancy Following Loss

A pregnancy subsequent to a previous loss is filled with anxieties and unknowns. This brochure offers guidance on when to plan another pregnancy, what to expect in a future pregnancy, emotional and physical care in a future pregnancy. Also available in Spanish, Hmong and Somali.

PREGNANCY FOLLOWING LOSS

PREGNANCY RESEARCH PROJECT

You are invited to participate in the Pregnancy Research Project to help researchers learn more about healthy pregnancies and poor pregnancy outcomes.

AM I ELIGIBLE?

You are eligible to participate if:

- You are at least 18 years of age or older
- You have had a stillbirth (pregnancy loss at or after 20 weeks gestation) at any time in the past
- You have delivered a living baby within the last five (5) years
- You are currently pregnant at 12 weeks gestation or more

For more information or to enroll in the Pregnancy Research Project, visit: pregnancyresearchproject.org

Share information about your pregnancies to help us make all pregnancies healthy and safe!

Pregnancy Research Project Informational Poster and Card

These items provide information about the Pregnancy Research Project. Posters can be placed in waiting rooms, restrooms, hallways or any area where potential study participants might see them. The smaller card is a condensed version of the same information intended for grab and go. The posters also have pads of business cards that can be a fixed to the poster for interested individuals to take. Individual business cards are also available.

STICK ME ON YOUR FRIDGE, AS YOUR DAILY SAFE PREGNANCY REMINDER

Don't worry about it. It's important to know what to do and when to do it. You can't have a safe pregnancy if you don't know what to do.

SIDE TO SLEEP WHY? Research has shown that sleeping on your side is the best position for your baby. It helps reduce your risk of stillbirth. Sleep on your side to help your baby breathe better and to help you breathe better.	MOVEMENTS MATTER (NORMAL?) There is no set number of normal movements. Your baby's movements are unique to your baby. You should know your baby's normal pattern of movements. If you notice a change in your baby's movements, call your provider.	EARLY PARENTING (MY BABY) Each pregnancy is unique. Get to know your baby and your provider. This program is for you and your provider. You and your provider are a team.
WHEN? Whenever you are sleeping in the fetal position. This includes side sleep, and going to sleep or waking up.	WHY? Research has shown that sleeping on your side is the best position for your baby. It helps reduce your risk of stillbirth. Sleep on your side to help your baby breathe better and to help you breathe better.	INSTINCTS Trust your instincts. You know your baby better than anyone else. If you notice a change in your baby's movements, call your provider.
WHAT IF? If you wake up on your back in the middle of the night, roll over onto your side. If you wake up on your side and you feel uncomfortable, roll over onto your back. If you wake up on your back and you feel uncomfortable, roll over onto your side.	WHAT? A baby's movements can be described as kicking, stretching, or rolling. You should know your baby's normal pattern of movements. If you notice a change in your baby's movements, call your provider.	WHY? Trusting your instincts is important. You know your baby better than anyone else. If you notice a change in your baby's movements, call your provider.
CONCERNS? If you get the pain or can't sleep on your side, it's important to know what to do. Call your provider if you have any concerns.	MYTHS? It is a myth that babies move less when you are pregnant. You should know your baby's normal pattern of movements. If you notice a change in your baby's movements, call your provider.	CALL? If you have any concerns, call your provider. They are there to help you. You and your provider are a team.

SAFE PREGNANCY YOU & BABY ARE A TEAM

STILL AWARE

STAR LEGACY FOUNDATION
starlegacyfoundation.org

For more information contact us at www.starlegacyfoundation.org

Safer For Pregnancy Poster and Refrigerator Magnet

You and your Baby are a Team -

This information is a quick review of the most current recommendations regarding sleep, movements and early parenting. It is available in poster size for placement in waiting rooms, hallways, restrooms, etc. And a smaller card that comes with magnets to place it on the refrigerator. Also available in Spanish, Hmong and Somali.

Safer For Pregnancy Reminder Card

This simple version of the Safer Pregnancy poster is designed to be a daily reminder of how to monitor the baby's well-being. This card is available in English, Spanish, Somali, Arabic, Hmong, French, and Turkish.

STILL AWARE

starlegacyfoundation.org

DAILY ACTIONS FOR A SAFER PREGNANCY

- Get to know your baby's normal behavior
- Monitor the pattern of your baby's movements
- Monitor the strength of your baby's movements
- Monitor the frequency of your baby's movements
- Go to sleep on your side after 28 weeks
- Trust your maternal instincts
- Call your provider immediately if you have any questions or concerns

PROVIDING COMFORT

When a baby dies
A quick reference for health professionals

FIRST FEW HOURS

- Say, "I'm sorry"
- Use the baby's name
- Reassure the mother she didn't cause the death
- Provide a private space for loved ones to wait or gather
- Be mindful of non-verbal communication
- Answer questions clearly and repeat important information

WHAT TO SAY AND DO

- Be present
- Give them time to make decisions
- Remember fathers, partners, grandparents, siblings, and other loved ones
- Connect them with peer support and other resources
- If you do not know the answer to their questions, find someone who does

OFFER TIME WITH BABY

- Provide time for them to say 'hello' to their baby before saying 'goodbye'
- Create keepsakes for the entire family
- Honor cultural or religious beliefs. If you are unsure, it is okay to ask.
- Encourage them to take photos
- Help them parent the baby by bathing, dressing, diapering, reading, etc

Pregnancy Research Project

This brochure provides information about the Pregnancy Research Project including information on the purposes and aims of the research, eligibility, data safety and security, and how to participate.

PREGNANCY RESEARCH PROJECT

pregnancyresearchproject.org

Providing Comfort

This quick reference card is intended to be a tool for healthcare providers when caring for a perinatal loss patient.

STAR LEGACY FOUNDATION

Virtual Support Groups

BEREAVED PARENTS GROUP
1st & 3rd Monday of the Month
Eastern: 7p • Central: 6p
Mountain: 5p • Pacific: 4p
2nd & 4th Thursday of the Month
Eastern: 8p • Central: 7p
Mountain: 6p • Pacific: 5p

GRUPO DE PADRES EN DUELO
Primer Viernes del Mes (en Español)
Eastern: 8p • Central: 7p
Mountain: 6p • Pacific: 5p

PREGNANCY AFTER LOSS GROUP
Weekly on Monday
Eastern: 8:30p • Central: 7:30p
Mountain: 6:30p • Pacific: 5:30p

DAD'S GRIEF DISCUSSION GROUP
2nd Monday of the Month
Eastern: 7p • Central: 6p
Mountain: 5p • Pacific: 4p

GRANDPARENTS GROUP
1st Wednesday of the Month
Eastern: 8p • Central: 7p
Mountain: 6p • Pacific: 5p

PARENTING AFTER LOSS GROUP
1st Wednesday of the Month (Twice a day)
Eastern: 1p & 9:30p • Central: 12p & 8:30p
Mountain: 11a & 7:30p • Pacific: 10a & 6:30p

PARENTING AFTER LOSS GROUP
3rd Wednesday of the Month (Twice a day)
Eastern: 1p & 9:30p • Central: 12p & 8:30p
Mountain: 11a & 7:30p • Pacific: 10a & 6:30p

COPING with SUID/SIDS & INFANT DEATH
2nd Wednesday of the Month
Eastern: 7p • Central: 6p
Mountain: 5p • Pacific: 4p

For information or to register visit
starlegacyfoundation.org/support-groups

Para obtener más información o registrarse, visita:
www.starlegacyfoundation.org/support-groups/



Support Card Information
Star Legacy Foundation offers numerous support resources for bereaved families including support groups, grief support phone line and peer companions.

Información de la tarjeta de soporte
Star Legacy Foundation ofrece numerosos recursos de apoyo para familias en duelo, incluidos grupos de apoyo, línea telefónica de apoyo para el duelo y compañeros de trabajo.
(Spanish support group)

STAR LEGACY FOUNDATION

GRUPO DE PADRES EN DUELO
Star Legacy Foundation ofrece grupos de apoyo virtuales en español. Además, si desea ser contactado por un compañero apoyo de que haya vivido una situación similar a la suya, envíanos un correo electrónico a: support@starlegacyfoundation.org

Primer Viernes del Mes (en español)
Este: 8p • Central: 7p
Montaña: 6p • Pacífico: 5p

LÍNEA DE APOYO
La línea de apoyo de la Star Legacy Foundation cuenta con profesionales de salud que tienen experiencia personal con la pérdida durante el embarazo y la muerte infantil. Está abierto a todas las familias, compañeros de trabajo o empleadores, profesionales de la salud, maestros u otras personas que interactúan con las familias en duelo. 952-715-7731, extensión 1.

Para obtener más información o registrarse, visita: www.starlegacyfoundation.org/support-groups/

Star Legacy Foundation
6438 City West Parkway, Suite 100
Eden Prairie, MN 55344




Certificate of Baby Blessing

On this very special day, _____

Child of _____

Was Joyfully Celebrated With A Baby Blessing

On the _____ day of _____ In the year _____

Officiated by _____

STAR LEGACY FOUNDATION

Baby Blessing Certificate Free
Provide a keepsake certificate to families when a blessing ceremony is performed.

Certificate of Baptism

This Certifies That _____

Was Baptized in the name of the Father, Son and Holy Spirit

On the _____ day of _____ In the year _____

Officiated by _____



God of all creation,
we bless and thank you for your tender care.
Receive this life you created in love
and comfort your faithful people in their time of loss.

STAR LEGACY FOUNDATION

Baptism Certificate Free
Provide a keepsake of the moment a precious baby is baptized.

You've Received a Random Act of Kindness
in loving memory of _____

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www.starlegacyfoundation.org



Random Act of Kindness Card \$3.00/25 cards
Honor a special person or baby with a Random Act of Kindness. Many families like to do this to commemorate birthdays, holidays and other special occasions - or just because. Simply perform an act of kindness - buy a strangers meal, leave a small gift, mow someone's lawn, give a movie ticket. The sky is the limit - use your imagination - even the smallest gesture in your baby's memory will brighten someone's day.

There is no foot too small that it cannot
leave an imprint on this WORLD

STAR LEGACY FOUNDATION
www.starlegacyfoundation.org

Hand/Footprint Card Free
Memories are all that is left after a baby dies. Help families preserve these priceless memories by taking hand/footprints of their precious child.



Rainbow Baby Card

Free

Provide a gentle reminder to all who care for moms in a pregnancy subsequent to a loss. Let your staff and visitors know that this family has survived a terrible tragedy and are faced with many anxieties bringing another baby into the world.

(Limited quantities)

Hospital Loss Door Sign

Free

Place on the patient room door as a reminder to all who enter that a loss delivery is behind the door and sensitivity is important



Remembrance Candle

\$15.00

Memorial candle personalized with your baby's name and dates.



Remembrance Yard Sign

\$40.00

18x24 yard sign to honor the memory of a precious family member. Includes wire frame stand.

October Awareness Yard Sign

\$40.00

18x24 yard sign to honor the memory of a precious family member. Includes wire frame stand.



Support/Awareness Wristband

\$1.00

Wear this silicone wristband in support of a loved one or to help raise awareness. "Because Every Pregnancy Deserves A Happy Ending."





Baby Items

Star Legacy Foundation has dedicated seamstresses who take donated gowns and other items to re-purpose into items appreciated by families in their darkest moments. We always have a large selection of gowns, blankets, diapers, hats and more. All items come in boy/girl/neutral colors and in a variety of sizes. Contact us to discuss your needs and we will get some things right out to you.



Star Legacy Foundation Cookbook \$15.00

Enjoy recipes compiled by families in memory of their babies. Limited Supply Available

Forget Me Not Seeds \$2.50

The dainty and beautiful forget-me-not flower has become a tender symbol of bereavement support.



Star Legacy Foundation Ceramic Mug \$15.00

Enjoy your cup of warm beverage in our own Star Legacy cup.



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form or by any means including photocopying.*