



About this Pack

This information pack has been thoughtfully put together by the parents of Annabel who was stillborn at full term. This pack combines lots of information you can use to help you through one of the most difficult times of your lives.

After we lost Annabel, we wanted to know we were not alone with this tragedy, we wanted hope, we wanted information to explain and help us with what had just happened. What we discovered was that the information that could help us, which we really needed at that time, was not readily available, and was also difficult to find.

About Annabel



We conceived Annabel almost immediately and the pregnancy went perfectly. The morning sickness and strange eating habits were there, and the usual fun and jokes were made. We constantly compared this pregnancy to that of Sam (our first Son), and we were enjoying the experience of having a second child.

Annabel was a healthy active baby throughout the pregnancy. We really started to notice her becoming active during our holiday in France.

We decorated the nursery early on, set it up and bought all the equipment that you think you might need. Everything was going so well and to plan.

Catherine is an insulin dependent diabetic and because of the problems with Sam's pregnancy, Annabel was scheduled to be born by Caesarean section at 38 weeks on the 8th of November.

On the 6th of November, we went in for the usual pre checks, ready for hospital admittance the following day. Everything was fine and Annabel was kicking madly as usual. That night Catherine felt some pains in her stomach, we assumed that they were the Braxton hicks contractions and didn't think any more of it. We now think this is when Annabel actually died. The following day Catherine commented that she hadn't felt the baby moving, but again didn't think much of it.

We arrived at the Hospital that evening, excited at the prospect of our second child which we already knew was going to be a girl. The standard checks were done starting with the foetal heart monitor. No heart beat could be found at the first attempt. Another machine was tried and another. A Scan was then done which confirmed the baby had died. She was born the following day by Caesarean section, and we got to hold her - thank goodness we did. She was a beautiful girl with long dark hair and she was perfect. We never had a reason for her death, the post mortem showed everything as being normal.

In such a tragic situation, we will always be left with the question - Why?

There is hope. From our personal experience we can honestly say that 'Time is a great healer' and we think of her every day, she will never be forgotten.





A special Letter to Mummy

I can remember very clearly the moment we decided that we wanted to have another baby and at the same time I can still hear them telling me that the precious baby we wanted so badly had died. Even now I still wonder how you can go from feeling so positive and in control of your life to having it totally shattered by silence, a very sad silence from within, not only had my babies heart stopped but so had mine.

I knew I was having a little girl, we all knew. I had her name already in my heart and quite a few people didn't like the name we had chosen but Sam and I did. We always called her Annabel but I continually tried out different names throughout her pregnancy because I guess I wanted everyone to like her name. When she died I said to Trevor that I had to call her Annabel because that was the name she knew and how could I tell Sam that his baby sister had died and that she wasn't called Annabel. She is truly Annabel and her name ironically means '*favoured by god*'.

I did feel like I was living in a dream world for quite some time. I remember when I felt that everyone else had gone back to normality and I was left here to carry on a very lonely broken road. The road I was travelling on had completely changed direction and for some time I felt that I had lost my compass.

We were so happy and we had so many plans for our future. All of the dreams for her future and ours were gone with just a couple of words. I have sworn blind that I am not going to plan anything anymore, but that was the way we were, the great planners. We had the nursery decorated and done just waiting for the baby. There I was buying shampoo and bubble bath because it is buy one get free and of course we would use it all.

The hardest thing of all was packing the nursery away. I still don't know how we did it. We just put it all into plastic boxes and wrapped it all up so lovingly and careful. Then up it went into the loft. Her nursery was beautiful and it was all ready for her to come home to. Every little detail had been thought of and for weeks afterwards I would just go and sit in there and cry, until one day I knew I had to shut the door and open a new one.

I wanted to watch my daughter grow, just like I watched the sun flowers grow in my garden from a tiny budding plant into the most beautiful flower. Even now the mere thought of her, the mention of her name, a passing child of her age still and always will bring tears to my eyes. We will never forget our babies. I know that she lives on in my heart and when I die I know that I will see her again.

She was perfect with her rose bud lips, her beautiful black hair, her ten tiny toes and her ten long slender fingers. How could God take away such perfection? I haven't got the answers to that, I only know that each day the pain lessens and something good comes. Someone said to me 'you may not know why now but one day you will'. I truly believe that.

Without the support of my husband, family and friends I don't think that I would have made it this far. They have all listened to me endlessly through the anger, the bitterness, tears and sorrow. Just talk and those that love you will listen and try to understand. Most of all don't forget that no matter what, you will always be a Mummy to your baby.

We did open up a new door and through that door we have found lots of sunshine and laughter again.

Catherine Harwood
Mother of Annabel – Stillborn 8-11-2000



Other Useful Numbers

Royal Sussex County Hospital - Brighton

Main Number 01273 696955
Registration Officer Ext: 4611
Local Counsellor 01273 381210 (If number is unavailable call 01273 696955 and
ask for a Midwife to provide the latest number)
133 Preston Drove
Brighton
BN1 6LE

Eastbourne District General

Main Number 01323 417400
Bereavement Officer Ext: 4995

Hospital Chaplains: (All Faiths)

Brighton: 01273 696955 Ext: 4122
Haywards Heath: 01444 441881 Ext: 4232
Eastbourne: 01323 417400 Ext: 4145

Spiritual Healing, Reiki & Counselling

Karen Batchelor
01323 492622
Karen_Batchelor@lineone.net



The Internet

The Internet provides an incredible amount of information on Stillbirth and Neonatal death. This information can change very rapidly, web sites often disappear or information is changed. Our Web Site at <http://www.ahtrust.org> contains our most up to date web site links, including web site descriptions, enabling you to get directly to the information or topic you require easily without having to search the Internet. We provide links to other web sites that can offer more diverse information, which can specifically address your personal situation or loss.

Available Books

There are a surprising number of books available on Stillbirth and Neonatal Death. During our grieving we found books to be an excellent source of support and information.

We know how difficult it is to go out shopping or asking for books which are rarely available over the counter, so we have tried to provide a list of available books and their details to make it as easy as possible to find the book you require.

If you would like to purchase a book on the Internet, our web site <http://www.ahtrust.org> has our most up to date listings of books, and where possible, provides links to online bookstores to help you purchase a title with the minimal amount of effort.


If you would like to borrow a title, there are several options available to you. The MAPS support group provides a loan service of books (see Support and Help numbers for details of the MAPS group), or your local library should have limited titles and may even be able to order a title upon request.

All the information you require to order a particular Title is detailed below.


Books obtainable in the UK

When a Baby Dies


 Nancy Kohner and Alix Henley / Routledge


 ISBN 0415252768

£ 12.50


 **Extract:** This sensitive, informative book offers a lifeline to bereaved parents and their families. Produced in co-operation with SANDS.

Love, Labour and Loss: Stillbirth and Neonatal Death


 Jo Benson, Dawn Robinson Walsh / Scarlet Press


 ISBN 1857270630

£ 8.99


 **Extract:** This book clearly expresses many of the feelings bereaved parents have had or will have in the future. For newly bereaved parents it will offer some comfort that they are not alone in their feelings.

When a Meeting Is Also Farewell: Coping with a Stillbirth or Neonatal Death

 Ingela Radestad / Books for Midwives


 ISBN 1898507759


£ 21.00

 **Extract:** Ingela Radestad's first child, Ellen, died shortly before birth. As a midwife and now the mother of three children, Ingela recognised that there was a need for a sensitive but realistic book to help parents and those around them cope with the death of a very small child.




When your Baby Dies

 Louis A Gamino and Ann Taylor Cooney / Augsburg


 ISBN 0806643552

£ 4.99


 **Extract:** A comforting and practical book for parents grieving the death of an infant through miscarriage or stillbirth.

An Empty Cradle, A Full Heart


 Christine O'Keeffe / Loyola Press


 ISBN 0829411739

£ 8.99

 **Extract:** This collection of more than a hundred short meditations beautifully interweaves these overwhelming and very real feelings of bereaved parents with scripture passages that provide comfort, direction, and a sense of hope.

Empty Cradle, Broken Heart


 Deborah Davis / Fulcrum Publishing


 ISBN 1555913024

£ 10.99

Extract: The heartache of miscarriage, stillbirth, or infant death affects families everywhere. The impact is great; the aftermath difficult. Empty Cradle, Broken Heart offers reassurance to parents who struggle with anger, guilt, and despair.

Trying Again: A Guide to Pregnancy After a Miscarriage, Stillbirth and Infant Loss

 Ann Douglas / Taylor Trade Publishing


 ISBN 0878331824

£ 9.99


Extract: Trying Again extends a helping hand to women coping with their loss and at the same time contemplating future pregnancies. This one-of-a-kind guide also offers insight into "high-risk" pregnancies, understanding each trimester's common concerns, anticipating labour, dealing with a subsequent loss, deciding whether to try again, and honouring the baby you lost while loving the baby in your arms.

Pregnancy After a Loss: A Guide to Pregnancy After a Miscarriage, Stillbirth or Infant Death


 Carol Cirulli Lanham / G P Putnam's Sons


 ISBN 0425170470

£ 14.95


 **Extract:** A guide to getting pregnant after a miscarriage, stillbirth, or infant death, it also explores the practical and emotional issues surrounding the loss of a baby.

A Piece of My Heart: Living Through the Grief of Miscarriage, Stillbirth or Infant Death

 Molly Fumia / Conari Press

 ISBN 1573245100


£ 13.05

 **Extract:** This text is a book about the necessity of grieving the loss of tiny, un-lived lives. Readers will be affirmed in the sacred right of all parents to mourn the loss of their children, however short their lives, and will be shown the path towards eventual healing.




 **Empty Arms: Hope and Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy**


 Arnold Petersen / Multnomah Publishers


 ISBN 1576738515

£ 7.99


 **Extract:** With the warmth and compassion of a licensed counselor and a Christian woman who has suffered miscarriage herself, Pam Vredevelt offers sound answers, advice, and reassurance to the woman fighting to maintain faith in this heartbreaking situation.


 **Forever Silent, Forever Changed: The Loss of a Baby in Miscarriage, Stillbirth, Early Infancy**


 Kellie Davis / Booklocker.com


 ISBN 1931391572

£ 11.95


 **Extract:** Forever Silent, Forever Changed was written for Kellie's son, Kyle, who was stillborn, and for families and friends of those who have experienced losses similar to hers. In this book, you will find Kellie's journey through loss, grief and acceptance. A must read for parents, family, friends and health care providers.

 **Tears of Sorrow, Seeds of Hope: A Jewish Spiritual Companion for Infertility and Pregnancy Loss**

 Nina Beth Cardin / Jewish Lights Pub


 ISBN 1580230172

£ 17.99


 **Extract:** A spiritual companion that enables the reader to mourn within the words and ways of Judaism.

 **We Were Gonna Have a Baby But,: We had an angel instead**


 Pat Schwiebert / Grief Watch

 ISBN 0972424113


£ 4.50

 **Extract:** A book to help young children understand the loss of a baby.


Books obtainable in the US

 **Dear Cheyenne**


 Joanne Cacciatore / MISS foundation


 ISBN 0966301501

\$ 11.95 US dollars


 **Extract:** A journey into grief, A collection of Angels and Miracles, A Celebration of Motherhood, A book for bereaved Parents and for those who love them.

 **Always Precious in Our Memory: Reflections After Miscarriage, Stillbirth or Neonatal Death**


 Kristen Johnson Ingram / ACTA Publications


 ISBN 0879461594


\$ 8.95 US dollars

 **Extract:** Every thing on earth has a precious history, even a baby that never breathed or cried or laughed. God has written that child's story in the book of life.




 **In a Heartbeat: A Journey of Hope and Healing for Those Who Have Lost a Baby**

 Dawn Siegrist Waltman / Faithful Woman


 ISBN 0781449111

 \$ 13.99 US Dollars


 **Extract:** If you have suffered the tragic loss of a child through miscarriage, stillbirth, or early infant death, this book was written especially for you. It says what only someone who has been there can say.

 **Losing Malcolm: A Mother's Journey through Grief**

 Carol Henderson / University Press of Mississippi

 ISBN 1578063396


 \$ 30.99 US Dollars


 **Extract:** Losing Malcolm: A Mother's Journey Through Grief is the compelling and candid story of Carol Henderson's traumatic experiences arising from the death of her infant son. Writing with a sometimes painfully honest insight, Henderson chronicles the events that ran her through a gamut of emotions including bewilderment and fear to a bone deep grief to a transforming recovery. Losing Malcom is especially recommended reading for anyone who has ever suffered the devastating loss of a loved one, as well as those that care about them and seek to substantively assist them in dealing with their suffering.


Books that are hard to find

 **Mothers Bereaved by Stillbirth, Neonatal Death or Sudden Infant Death Syndrome**


 M.Frances Boyle / Books for Midwives


 ISBN 1859721494

 £ 38.50 (last available price)


 **Extract:** This book aims to break the isolation of bereavement by using personal interviews, letters and poems to explore the different ways in which parents experience and express their grief.

 **Help, Comfort and Hope after losing your Baby in Pregnancy or the First year**


 Hannah Lothrop / Fisher Books

 ISBN 1555611206


 \$ 15.00 US Dollars (last available price)


 **Extract:** Aimed at all those who have lost a child through miscarriage, stillbirth, neonatal death, sudden infant death or termination of pregnancy, this text gives voice to an all-too common grief that often remains unspoken and offers help to those who need it but who frequently don't know where to turn.

 **Stillborn: The Invisible Death**

 John Defrain / Lexington Books

 ISBN 0669113549

 £ 7.95 (last available price)

 **Extract:** Drawing on the moving and eloquent testimony of 350 parents of stillborn babies, it explores such topics as blame, shock, and guilt; seeing, holding, and remembering the baby; the autopsy and funeral.

Book price and availability subject to change, but all the above information has been verified at the time this support pack went to press.



Memorial and keepsake ideas

We have found that memorial and keepsakes have provided a lot of comfort and lasting memories of Annabel. Below is a list of Memorial ideas we have used and some suggestions for others.

Memories Folder

The hospital will offer you a *Memories* folder containing:

- Details of your baby's Birth
- Details of your Baby's Length and Weight
- Hand Prints
- Foot Prints
- Photographs
- A lock of hair

Initially you may not want the folder, but we strongly recommend that you do accept it. The folder gives you a chance of memories of your baby which you have for years to come. If you do not take the Memories folder at the time, it will be held in hospital records for a period of time.

Book of Remembrance

You can have your baby entered into the hospitals book of remembrance by contacting the Chaplaincy department on 01273 696955 ext 4122 for Brighton or 01444 441881 ext 4232 for Haywards Heath,

Yearly Memorial Service

The Hospital in conjunction with SANDS/MAPS holds a yearly memorial service for parents who have lost their baby. We recommend you attend this special service, which has a different theme each year. You have the chance to personally speak and have your baby individually remembered. You can also view the book of remembrance (see item above). Details of the event are available from the SANDS/MAPS group, and from our Web site.

A Keepsake Box

Keep all your special keepsakes, photographs, cards and letters in one place. You will always have this to look back on.

We have bought a beautiful hinged box that is covered in pink roses which has various compartments to store things in.

For ideas, we have stored in the box:

- All of her funeral cards tied up in a pink ribbon
- The cards from the flowers
- Her hospital photos
- Some dried flowers from the funeral
- Some soil from the Tree we planted.
- A bracelet that my mother-in-law bought
- An angel pin