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Objectives

This session will explore how to support clients who considered abortion and later experienced pregnancy loss.

Attendees will learn to comfort clients

- ➤ Clients who blame themselves
- > Clients who experience a mix of relief and sadness
- ➤ Clients who wonder if God is punishing them
- Clients who need preparation for the birth of their baby who has died
- Clients who need to bury the baby they recovered



Donna Marie Murphy

Bio and Disclaimers

- Executive Director and co-founder of Heaven's Gain Ministries (2000 families a year)
- Trainings and Certifications
 - IPPE (International Partnership for Perinatal Excellence) Certified
 - Baby Loss Doula/Baby Loss Family Advisors Certified
 - Resolved through Sharing Trained Coordinator
- Researcher with Heaven's Gain Ministries through BabyLossSurvey.com (1800 families)
- Developed APPL (Advocates for Parents of Perinatal Loss) Certification

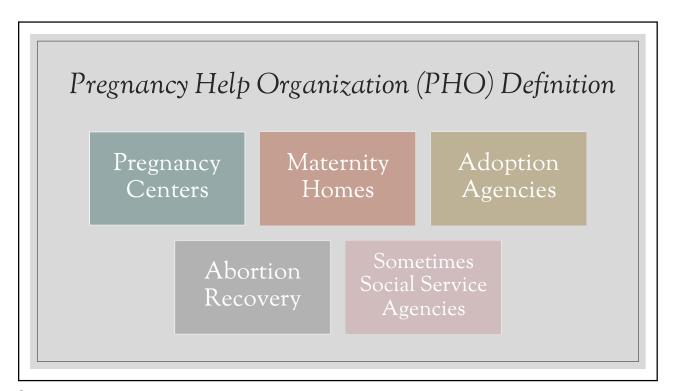
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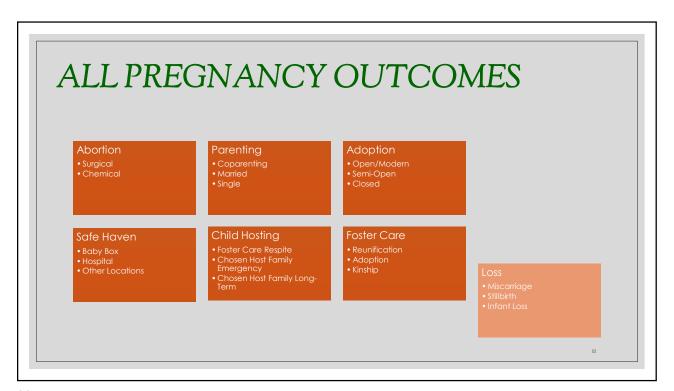


Heaven's Gain Ministries' mission is to provide for the physical, emotional, and spiritual needs of families experiencing pregnancy loss: before, during, and after the delivery of their precious baby.

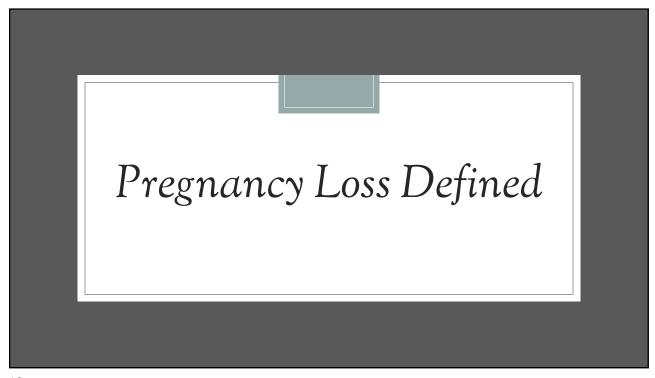




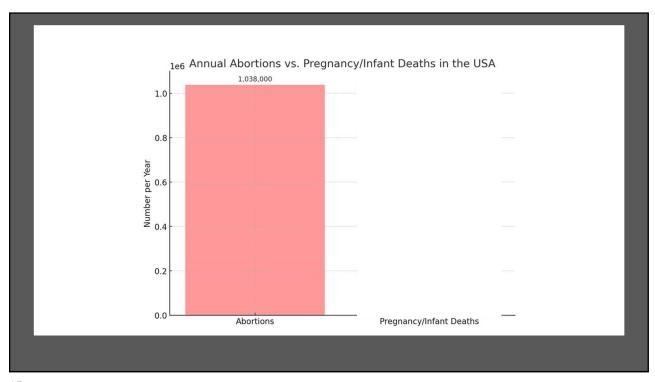


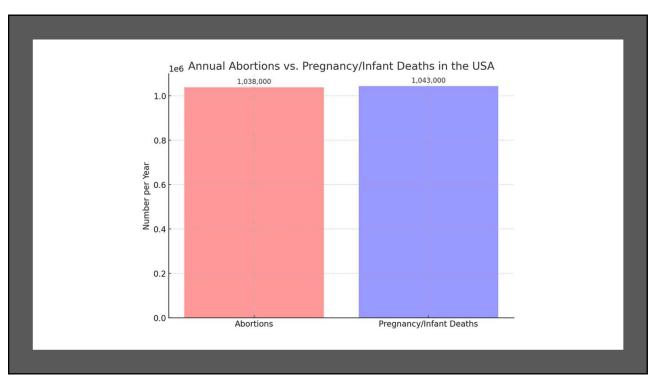




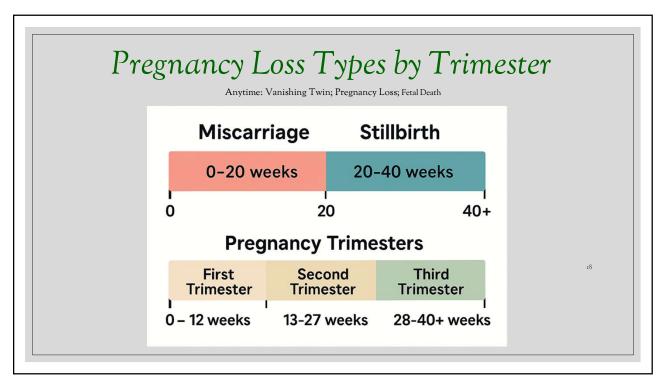












Pregnancy Loss and the Pro-Life Movement

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https://thelewisnote.com/why-miscarriage-matters-when-youre-pro-life/

Aborted

- An aborted baby could have been the next Einstein or Bach or Mother Theresa.
- An aborted baby was killed against God's design.
- An aborted baby should always be missed in this world. God had created them for a purpose, no matter what health issues they may have had.
- A tragedy.

Miscarriage

- A miscarried baby was probably damaged goods.
- A miscarried baby fulfilled God's plans.
- A miscarried baby was meant for heaven—
 and we moms should just be so thankful we
 have a baby in heaven, and <u>should not grieve</u>
 the loss of their place on earth. After all, they
 never TRULY had a place on earth, did they?
- A slight bump in the road of life/Part of being a woman.

Pregnancy Loss as a Pro-Life Cause:

Being Consistent in Our Care for Women and the Unborn Pro-Life Movement needs to be consistently pro-life to ALL Babies

Sending miscarrying clients away and telling them we cannot help them makes pro-life centers look hypocritical. We must not abandon them.

Abortion vulnerable/minded Women Still Face Pregnancy Loss. We must not abandon them.

Clients who suffer stillbirth really need our help. We must help them.

Miscarriage prevention is another way to save an unborn life. We can help save babies with prevention information too.



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Pregnancy Loss as a Pro-Life Cause:

Countering Abortion and the Culture of Death Miscarriage Care Brings Awareness to the Reality of Abortion as Killing a Life

Respectful disposition of a baby's remains shows that we are consistently pro-life.

Helping mothers who experience the loss of a baby during pregnancy proves to our culture that we are pro-woman and not just pro-birth.

Past Abortions Can Cause Miscarriage Risk

Women Chose Abortion Because of lack of support during Traumatic Miscarriage







First Trimester Loss (Weeks 0-12)

Terms and Types:

- Ectopic Pregnancy
- First-Trimester Miscarriage
- Early Pregnancy Loss

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Abortion-minded women and woman who have had abortions are often triggered during pregnancy loss.



Abortion vs. Miscarriage

1st Trimester Abortion

- Baby Starts Alive
- No preparation details given
- Surgery
 - D and C Suction abortion
 - Baby Dismembered
 - Baby's remains discarded
- Medicated Cytotec/Mif
- Labor and Delivery at Homes

1st Trimester Miscarriage

- Baby Starts Dead
- No preparation details/choices given
- Surgery
 - D and C Suction removal
 - Baby dismembered
 - Baby's remains in medical waste
- Medication Cytotec
- · Labor and Delivery at home

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Abortion vs. Miscarriage

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1st Trimester Miscarriage

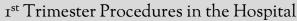
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 - Baby's remains in medical waste
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- Labor and Delivery at home



Delivery Methods Must Be Explained:

At-Home

- With Medication (use the miso, no mife like abortion)
- Without Medication



- D&C
- Ectopic Pregnancy Surgery or Medication

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Saying, "I am not seeing what I am supposed to be seeing. I think you need to go to the ER" is not giving the best care.





Instead of the ER Doctor Referral Encourage her to talk to her doctor • Know your local Obs/Primary Care Docs • Consider telehealth ondemand like My Catholic Doctor • Consider expanded role for your own medical director/nurses

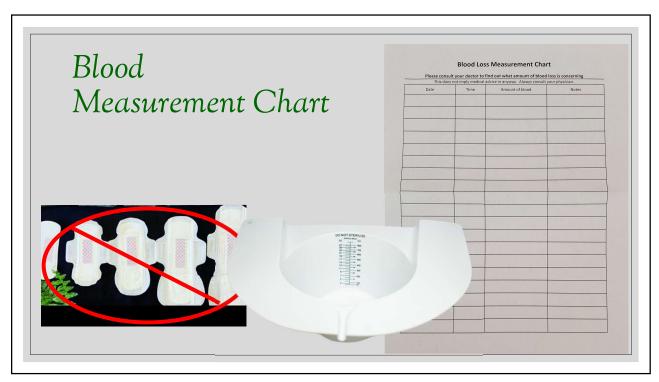
Instead of the ER Doctor Referral Give Kit Now Give Kit Later Give her a miscarriage kit "just in case that is what is happening, we want you to be prepared. You can always return it or keep it for a friend."

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Seeing the baby



- > Allows the mom to see she actually has a baby
- > She may feel more guilt knowing that she was planning on aborting
- > May help prevent a future abortion
- > May trigger her from a past abortion (they said it wasn't a baby)
- > Respectful disposition promotes the dignity of her baby
- > Indirectly, may help her grow closer to God hoping to be with her baby in Heaven someday







SALINE BATH PROCEDURE

"Recreating the womb environment."

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Instead of the ER

Doctor Referral

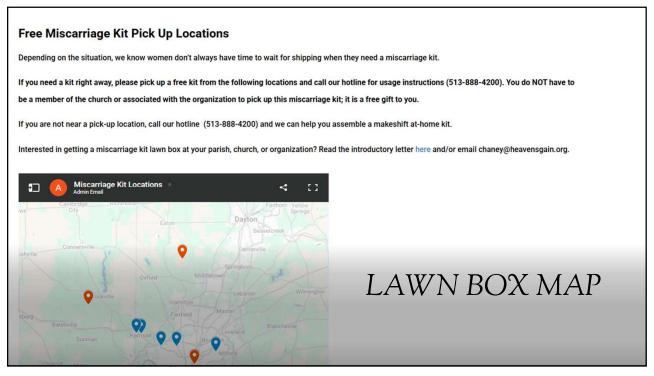
Give Kit Now

Give Kit Later

If you don't want to give her a kit right then, have her pick it up later

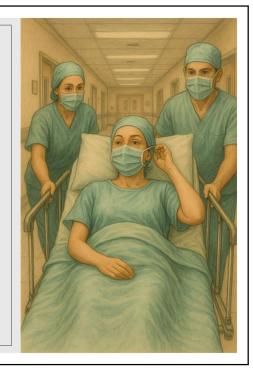
- Voucher
- Lawn Box Outside Your Clinic
- Lawn Box at Nearby Church





D&C Common Client Experiences

- ° Confused about Miscarriage vs. Abortion D&C
- Triggered by Past Abortions
- $\circ~$ Under the faulty impression that D&C is always medically necessary
- Not told D&Cs don't allow you to meet your baby
- Not told you can still bury D&C remains



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We have all heard the stories of clients coming in with a baby in their hands not knowing what to do.

Respectful Disposition is Important Whenever Possible Burial Cremation Disposition

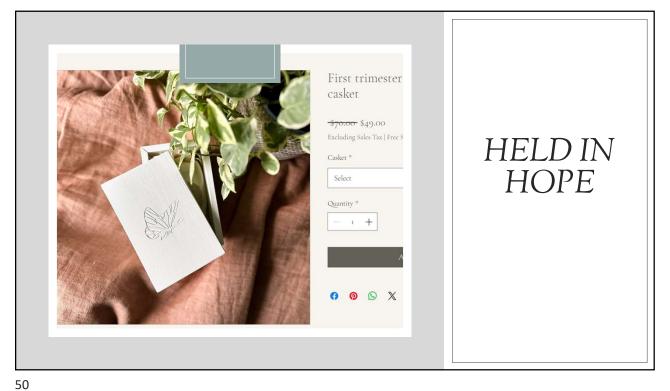
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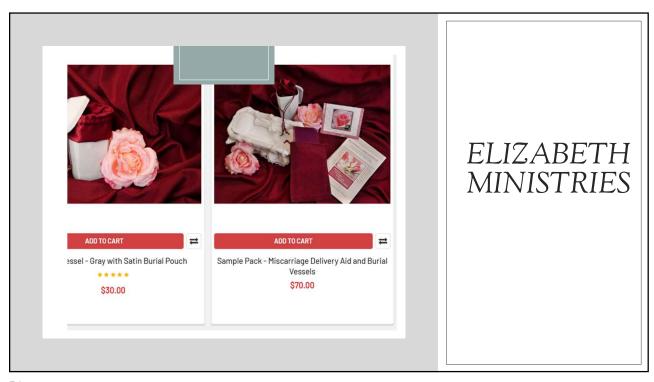


Understanding Disposition Choices

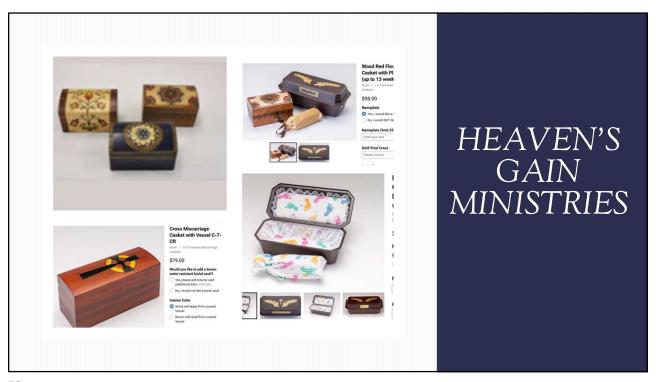
- Cremated remains (ashes) are the bones of the deceased.
- Caskets does the cemetery require a vault?
- Costs some organizations offer free burial or reimburse/pay directly to funeral home.
 - Note: Paying for the baby's final resting place like the casket or urn – can give the dad/grandad a sense of being a provider.

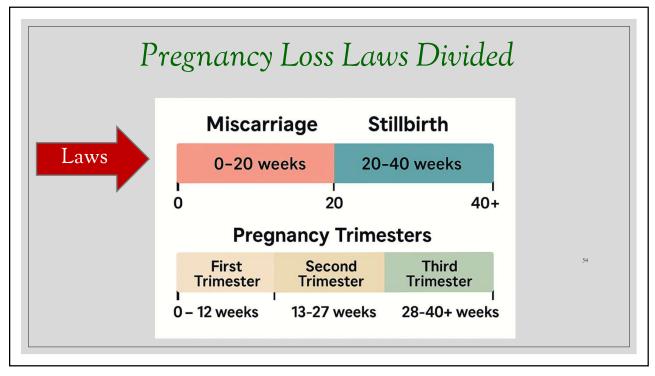


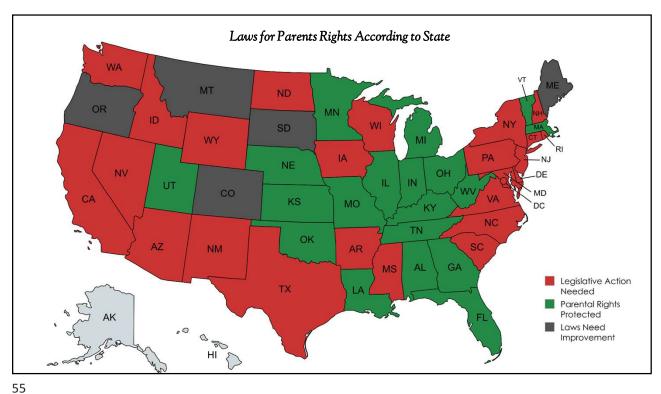




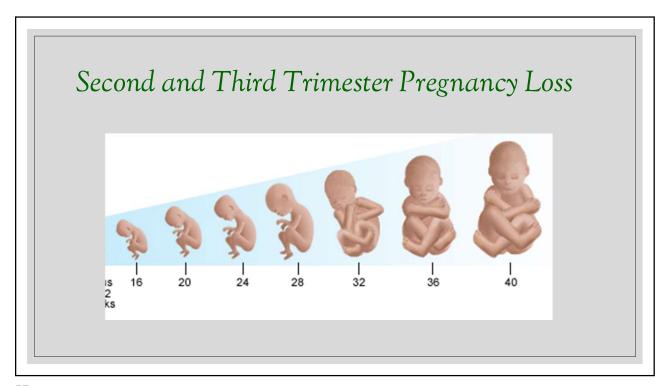


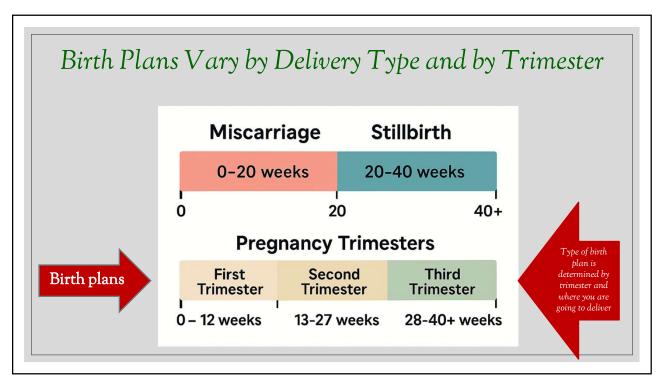














<u>Second Trimester</u> <u>Pregnancy or Infant Loss</u> (Weeks 13-27)

Types and Terms:

- Second-Trimester/Late Miscarriage (13-20 weeks)
- Early Stillbirth (20-27 weeks)
- Micro-Preemie (funeral Director term)
- Mid-Trimester Pregnancy Loss (12-24 weeks)

<u>Delivery Methods (In Hospital):</u>

- Induction
- D&E
- Rarely emergency c-section

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Third Trimester Pregnancy or Infant Loss (Weeks 28-40+)

- Types and Terms:
 - 。 Late Stillbirth (28-36 weeks)
 - Stillbirth at Term (37 weeks+)
 - Preemie/Early Newborn Death (Live Birth and Death)
- <u>Delivery Types (Hospital)</u>
 - · Induction
 - Spontaneous Labor/PROM
 - D&E/C-Section (Rare)

Birth Planning for Pregnancy Loss

Birth planning

Does Not

takeaway the pain of losing a baby.

Grief is the Price we pay for Love.

We mustn't refrain anyone
from grieving.

If we take away their grief, we take away their right to love.



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Birth Planning for Pregnancy Loss

Birth planning

<u>Does Prevent</u>
some of the additional
traumas that happen
with pregnancy loss
and empowers women
in a time of weakness.



Preparation/Birth Planning can prevent additional Trauma

Without birth planning

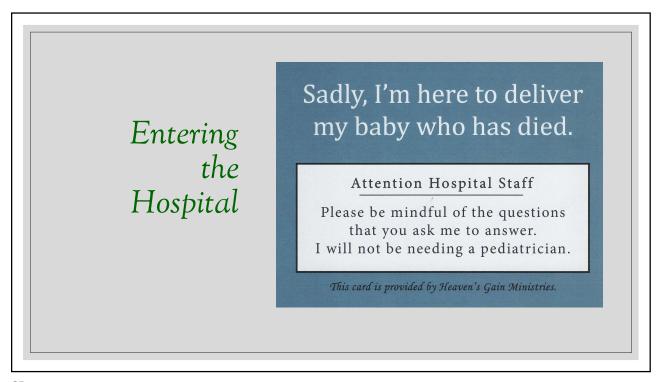
- Fear
- Unwelcome triggering from memories
- Lack of mementos
- Suppressing emotions

With Birth Planning

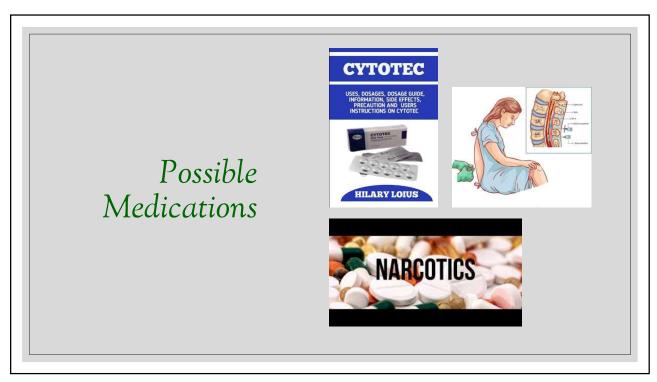
- Preparation
- Treasured memories that can never happen again
- Treasured mementos
- Healing journey

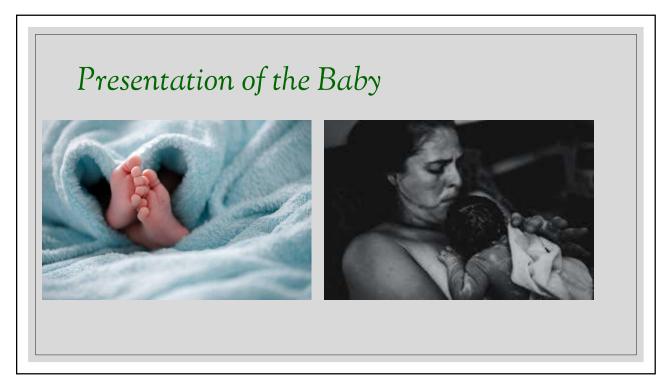
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Walking through a Pregnancy Loss Birth Plan

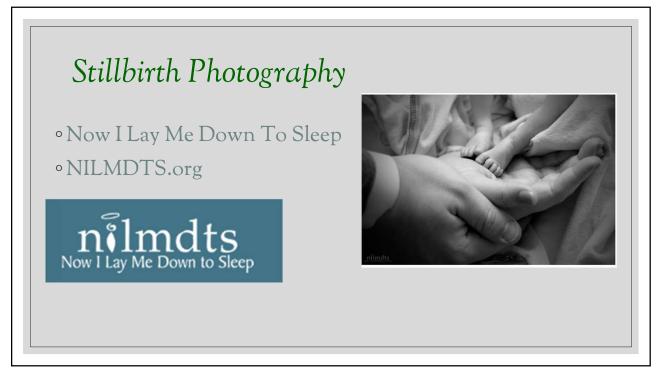














Clothes/Blankets for Baby

Angel Gowns

 Many Suppliers, such as <u>Rest in His Arms Angel Gowns</u>, <u>Little Angel Gowns</u>, <u>Kennedy's Angel Gowns</u>

• Bundles for Babies

° 22 weeks+ Hats and Bonnets

• Teeny Tears

- ° 14-16 weeks blanket/hat
- o 17-18 weeks blanket/hat
- o 18-23 weeks small diaper
- o 24-32 weeks large diaper

Bridget's Cradles

° 14-26 weeks (small/medium/large) knitted satchel

Holy Sews

o 16-25 weeks tunics

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Teddy Bears for Baby Loss

· Heartbeat Bear

- My Baby's Heartbeat Bear (\$44).
- o Catherine Cares (\$30).
- Walter's Bears (Recordable is \$55).
- <u>Build a Bear</u> has local shops that let families customize bears. Just leave the back unlaced so you can put in the recorder after the ultrasound.

Custom Weighted Bear

- o Oaklyn Foundation (Shipping Fee)
- \circ Walters Bears (Classic is \$62)
- $\circ \ \ \underline{\text{No Footprint Too Small}} \ (\$_{35} \ \text{Recommended Donation})$

Newborn Weighted Bear

o Comfort Cubs (Free).

Keepsake Bear

- o Robby's Rabbits (\$3-\$8 Recommended Donation)
- o <u>Holy Bears</u> (\$12)
- Barretts Bears Ministry (\$8)
- o Project Bear (Shipping Fee)



Even More Important to Prepare Her for Birth Experience

2nd Trimester Abortion

- Baby Starts Alive
- Laminaria
- · Cytotec/Miso
- Early Labor until D&E
- Dismemberment

Late Miscarriage

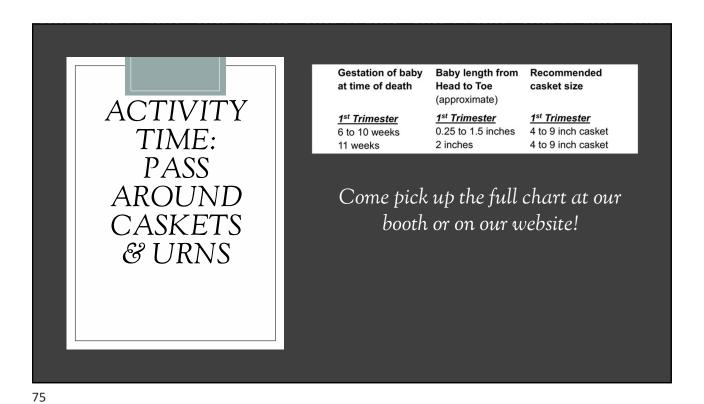
- Baby Starts Dead
- Laminaria
- Cytotec/Miso
- Labor and Delivery
- Can be dismemberment or head crushing rarely

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She needs spiritual, emotional, and physical support.

Physical will be the same but spiritual and emotional will vary if you will abortion-minded or have an abortion history.



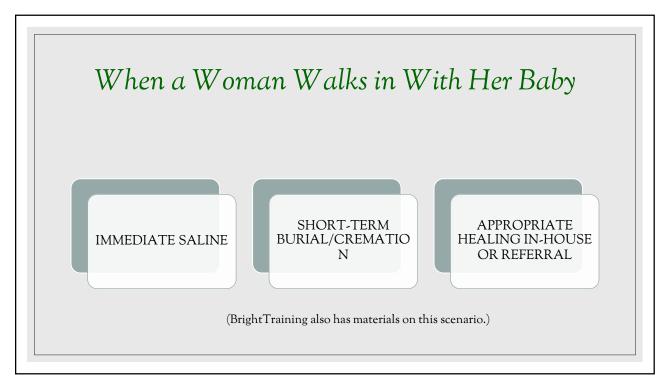
Heaven's Gain
Stillbirth & Infant
Caskets

When the control of the















Post Loss Trauma: Birth and Bereavement

- 48% Flashbacks
- 54% Intrusive upsetting memories of the birth
- 61% Difficulty concentrating
- 70% Loss of interest in activities and in life in general
- 75% Feel like life is divided into two categories

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Post Loss Trauma: Sleep

- 50% Nightmares
- 66% Difficulty falling or staying asleep



Post Loss Trauma: Other Children

- 41% Worry about living children all of the time
- 48% Fear of losing one of your living children
- 78% Fear of losing a future child

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Post Loss Trauma: Relational

- 50% Change in relationships
- 55% Increased irritability and outbursts of anger
- 70% Loss of interest in activities and in life in general
- 73% Feel uneasy around pregnant people
- 77% Feel detached from others

Mom (she is still a mom even if her baby has died.)

- Moms experiences denial, shock, profound sadness and cannot concentrate to perform minor tasks.
- Wishing they could be with their baby in Heaven is normal and not a sign of possible suicide. A professional would have to determine this.
- There is a physical recovery that needs to happen
- Violent changes in hormones effect emotions
- Some women do not get any maternity leave or sick time.



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Dad (He is still a dad even if his baby has died.)

- Dad is so busy trying to protect mom and take care of his baby that he delays mourning.
- He needs to have action items to do. He should be assigned tasks in the birth plan and to make sure the birth plan is fulfilled as best as possible
- Often he is forgotten.



Grandparents

- Grandparents are worried about their son/daughter
- They are also grieving their grandchild.
- They need things to do to help their child
- They also treasure mementos of their grandchild

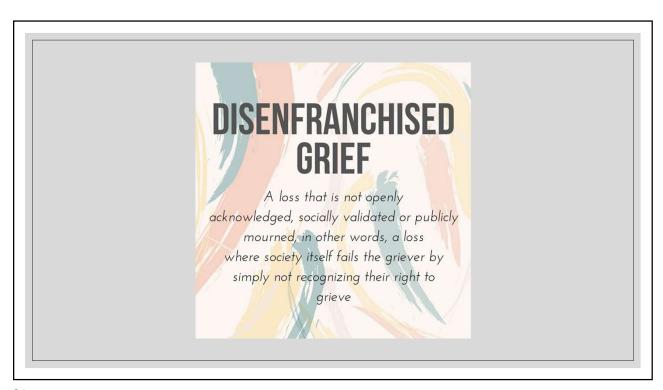


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Siblings to the Baby

- \circ They may be scared to view the baby
- Coving the baby with a blanket can ease some concerns
- Using a pacifier to cover the dark lips can help soften the baby's appearance









Complex Grief Loss of Control Relief Grief • Often • Trauma from • Guilt for relief • Self-Blame not getting the unexpected • Indifference to "This is my fault for considering proper support • Can be mixed Loss – Denial can lead to abortion." with the relief, Coping future • Blame God which is abortions. "God is confusing for punishing Me some women. for Considering Abortion"

Helping a Client Through Complex Grief (If she's feeling complicated)

"These complex feelings are not abnormal."

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Helping a Client Through Complex Grief (If she asks why she doesn't feel more upset)

"Our brains give us breaks from our sadness. Some people call it shock. Your baby is treasured and you deserve the right to grieve, when you are ready. You just might not be ready right now."



"You didn't cause this."

"If you had the power to cause your baby to spontaneously miscarry, no one would go to an abortion clinic."

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Helping a Client Through Complex Grief (If she asks if this is because of her past abortion)

"You can't kill a baby with your mind."

Helping a Client Through Complex Grief (If she asks if this is because of her past abortion)

"Past abortions can increase miscarriage risk, but that doesn't make it your fault. Many women without an abortion history have this happen. Even if a past abortion contributed, that doesn't mean that the loss is your fault."

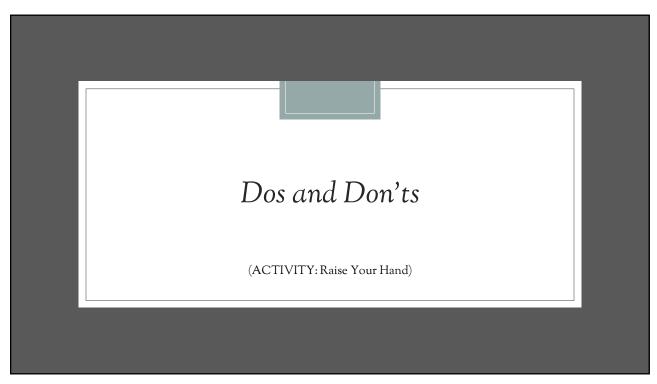
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When Referring to Professional Therapy Are they pro-life?

Are they trained specifically in reproductive loss?

Are the affordable/accessible?





Say

- "I'm sorry for your loss."
- "That pain is unspeakable."
- "I'm here to listen if you want to share your story."
- "I will miss getting to know your precious baby this side of heaven. They had such a meaningful life."
- "How are you?" (including to Dad!)
- Nothing or "I don't know what to say but I'm here with you. I love you."
- "Did you choose a name for your baby?"
- "Would you like me to connect you to a pregnancy loss organization? Heaven's Gain Ministries specializes in losses like yours."

Don't Say

- "You can have more babies."
- "There might have been something wrong with the baby."
- "Be grateful for the children you do have."/"At least you have children at home."
- "It was God's will."/"Everything happens for a reason."/"It was meant to be."
- "God would never give you more than you could handle."
- "At least you didn't get to know the baby."
- ° "I guess it's good it happened now."
- ° "I understand how you feel."
- "You are so strong, I could never handle this."

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If you have ever said any of the wrong things....remember.....
We are not here to point fingers.

We are here to help you serve your client who has experienced loss.



<u>Do's</u>	<u>Don'ts</u>
Use eye contact.	Offer general assistance without specifics.
Validate feelings.	Forget about Dad.
Watch for spiritual attacks.	Assume they will be OK without any assistance.
Periodically, check in once a week for the first month and then once a month for 3 or more months.	Abandon the family.
Offer funeral/burial help.	Approve of them just flushing the baby down the toilet.
Tell them when you are thinking of them.	Make it about your story.

Two Things to Keep in Mind:

Acknowledge that they really did lose a baby.

Acknowledge their right to grieve.









Peer Support by Appointment

- PEER SUPPORT: Heaven's Gain Ministries
- MENTORSHIP:
 MiscarriageMatters.com
- MENTORSHIP: Faith45
- COACHING:
 Foreknown Ministries
 (first 30 minutes fee, then
 \$75 a session)

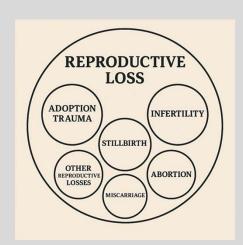


Peer Support Groups

- Twelve 12 Ministries (Virtual Groups)
- Keys of Hope Foundation Hope Class (Cohorts)
- o M.E.N.D. Chapters
- Sweet Grace Ministries
 Support Groups
- You Made Me Mom Support Groups
- o <u>Umbrella Ministries</u>
- Secular but Unique: Star Legacy Foundation & Rachel's Gift
- · Heaven's Gain Ministries

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Reproductive Loss



"Essentially, reproductive loss is any experience of grief in a person's life related to their ability to have children, the outcomes of a pregnancy, or the creation or care of their family.

Some examples of reproductive loss include miscarriage, stillbirth, infertility, abortion, and adoption. But it's important to note that it's not limited to just those experiences. Reproductive loss can also include the loss of a child due to congenital disabilities, or any loss related to a person's reproductive health." – Reproductive Loss Network



Curriculums to Use for Your Own Easy-On-Ramp Group

- Grieving Grace by Elizabeth Ministries
- MisAnon by SRT Services
- Hope Mommies
 Anchored in Hope Bible
 Study
- Twelve 12 Ministries Hope Stories
- Use Heaven's Gain's Guides!
- · Make Your Own!

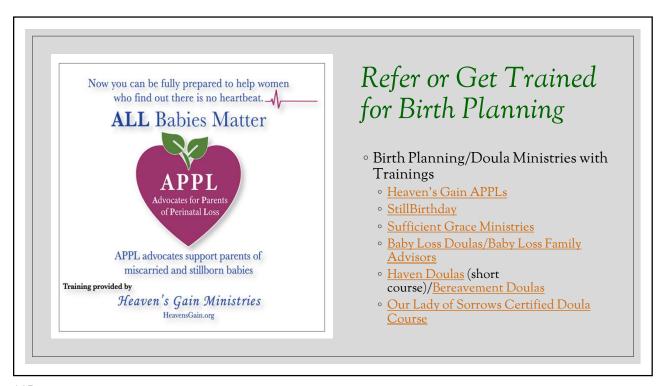
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How to be Officially Trained for Adding in-house Care

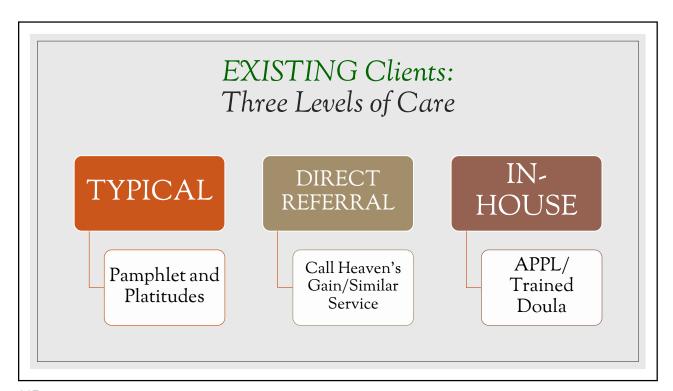
Heaven's Gain Offers Training for Peer Support Appointments AND Peer Support Groups

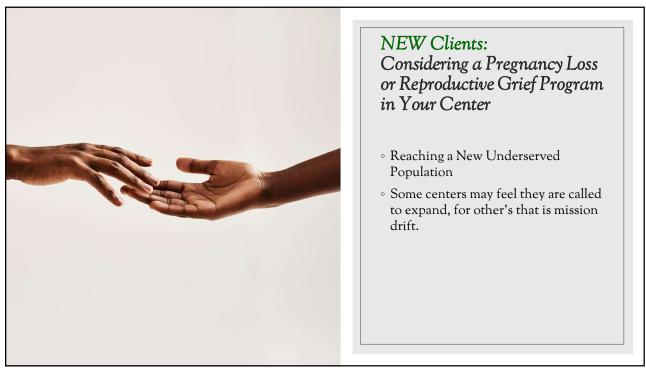
Consider Onboarding as a You Made Me Mom Group

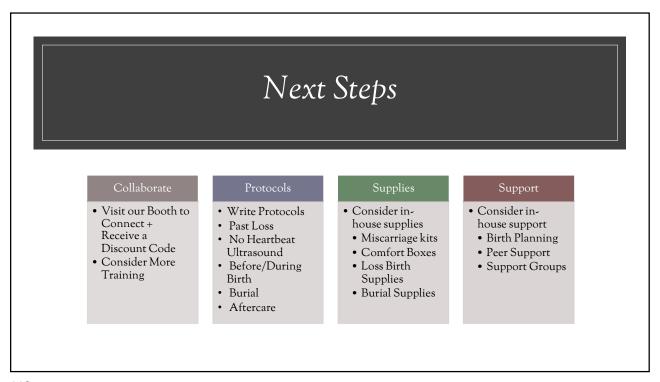
Consider Onboarding as a M.E.N.D. Chapter















Take a moment to write down one take away from this session.

Would anyone like to share their take away?

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