

Infant Loss Resources

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Resources on Perinatal Loss

1. Recommended Resources for Infant Loss

Support Groups

- A. I Was Supposed to Have a Baby
<https://iwassupposedtohaveababy.org/>
(support for families suffering loss and struggling to have a family)
- B. [NechamaComfort](#) (infant and pregnancy loss support groups)
- C. [Our Love Continues](#) (Facebook group for families that have suffered perinatal loss)
- E. ATime: <https://www.atime.org/> (support for families dealing with fertility issues)
- F. Uprooted: <https://weareuprooted.org/>
(providing education, healing and support on fertility issues)
- G. Knafayim: <https://knafayimwings.org/>
(support for families suffering pregnancy loss, baby loss and reproductive trauma)
- H. [The Compassionate Friends \(general group for families suffering loss of a child\)](#)
- H. Sauls Light <https://www.saulslight.org/>

- I. PALS – [Pregnancy After Loss Support](#)
 1. [Trying to Conceive After Loss Facebook Support Group](#)
 2. [Pregnancy After Loss Support Group](#)

2. BOOKS, ARTICLES, AND RESOURCES

- - a. **Support for Families – A Jewish Approach**
 - **Tears of Sorrow, Seed of Hope (2nd Edition): A Jewish Spiritual Companion for Infertility and Pregnancy Loss, Rabbi Nina Beth Cardin [put in link]**
 - **To Mourn a Child: Jewish Responses to Neonatal and Childhood Death [Jeffrey Saks and Joel Wolowelsky \(eds.\)](#)**
 - **Fertility Journeys: A Jewish Healing Guide (2018) Mayyim Hayyim**
 - **A Loss Worthy of Grief, a set of articles from the National Center for Jewish Healing (2010) <https://www.jewish-funerals.org/wp-content/uploads/2022/09/A-loss-worthy-of-grief.pdf>**

- **First Jewish Perinatal Loss Conference, I Was Supposed to Have a Baby and National Bikur Cholim Conference (2023)**
<https://iwassupposedtohaveababy.org/perinatal-loss>

b. Jewish Prayers/rituals for Infant Loss

- **Tears of Sorrow, Seed of Hope (2nd Edition): A Jewish Spiritual Companion for Infertility and Pregnancy Loss, Rabbi Nina Beth Cardin**
- **To Mourn a Child: Jewish Responses to Neonatal and Childhood Death – 2021** [Jeffrey Saks and Joel Wolowelsky \(eds.\)](#)
- **Ritualwell, a set of resources on perinatal loss**
<https://ritualwell.org>
- **Prayers after miscarriage or stillbirth, Rabbi Sandy Eisenberg Sasso,**
<https://ritualwell.org/ritual/prayer-after-miscarriage-or-stillbirth>
- **Ritual for miscarriage**
<https://www.kveller.com/article/a-synagogue-ritual-for-miscarriage/>

- **How Jewish Rituals Helped me Mourn my Miscarraige, Rabbi Jill Cozen-Harel Forward**
October 25, 2019
<https://forward.com/life/433663/how-jewish-rituals-helped-me-mourn-my-miscarriage/>
- **Ronens Torah, a blog by Cantor Hinda Labovitz**
<https://www.ronenstorah.net/>
- **Yizkor prayer**
<https://www.myjewishlearning.com/article/a-yizkor-prayer-for-stillborn-and-infant-deaths/>
 - **“A Grieving Ritual Following Miscarraige or Stillbirth” by Rabbi Amy Eilberg (1994)**
<https://ritualwell.org/ritual/grieving-ritual-following-miscarriage-or-stillbirth/>
 - **“Renew Me Like the Moon: Toward Healing After Miscarriage” by Rabbi Nina Beth Cardin (1999)**
 - **“Prayer of Comfort Following a Miscarriage” by Rabbi Arnold Stiebel (2002)**

c. Halachic resources

- **A Guide for the Jewish Parent on Miscarriages, Stillbirths & Neonatal Deaths**
<https://www.theus.org.uk/sites/default/files/still%20birth%20singles.pdf>

- “How to Mourn Stillbirth and Neonatal Death,” Dr. Ron Wolfson, My Jewish Learning,
<https://www.myjewishlearning.com/article/stillbirth-and-neonatal-death/>
- **Guidance on the Loss of a Baby or Fetus, Dr. Jason Weiner** <https://jewish-healing-center.org/wp-content/uploads/2023/02/Guidance-on-the-Loss-of-a-Baby-of-Fetus-Hakira.pdf>
- **Jewish Ritual Practice Following a Stillbirth, Rabbi Stephanie Dickstein**
https://www.rabbinicalassembly.org/sites/default/files/public/halakhah/teshuvot/19912000/dickstein_stillbirth.pdf

d. General Books on Infant loss

- [*The Bereaved Parent* by Harriet Sarnoff Schiff](#). New York: Penguin, 1977.
- *Empty Cradle, Broken Heart* by Deborah L. Davis, 3rd ed. New York: Fulcrum 2016.
- [*Healing a Parent’s Grieving Heart: 100 Practical Ideas After Your Child Dies* by Alan D. Wolfelt](#). Fort Collins, CO: Companion Press, 2002.
- [*You Are the Mother of All Mothers: A Message of Hope for the Grieving Heart* by](#)

[Angela Miller](#). Minneapolis, MN: WiseInk, 2014.

- Companioning at a Time of Perinatal Loss, Heustis and Jenkins (2005)
- A Silent Sorrow, Pregnancy Loss: Guidance and Support for You and Your Family (2000) Kohn and Moffitt
- Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss by Ann Douglas and John R. Sussman

e. Children's Books About Loss

- [*The Invisible String* by Patrice Karst and Joanne Lew-Vriethoff, illust.](#) New York, NY: Hachette Book Group, 2000.
- [*We Can Make It Happen!* By Jane Taubenfeld Cohen, Bea Taubenfeld Cohen, illust. and Marilyn Rose, illust.](#) New City, NY: Kidzpoetz Publishing, 2006.
- [*When Dinosaurs Die: A Guide to Understanding Death* by Laurie Krasny Brown and Marc Brown.](#) New York, NY: Little Brown Books for Young Readers, 1996.
- [*Where Do People Go When They Die?* By Mindy Avra Portnoy and Shelly O. Haas, illust.](#) New York, NY: Kar-Ben Publishing, 2013.
- [*Where's Jess: For Children Who Have a Brother or Sister Die*](#) by Marvin Johnson. Omaha, NE: Centering Corporation, 1982.
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3. PREGNANCY AFTER LOSS RESOURCES:

- PALS – [Pregnancy After Loss Support Group](#)
 - Run and moderated by [Pregnancy After Loss Support](#)
- Article: [“Why I Haven’t Told You I’m Pregnant”](#) by Cantor Hinda Eisen Labovitz, *Ronen’s Torah*, 4/6/2021.
- Article: [“To Those Who Love a Woman Pregnant After Loss”](#) by Jenny Albers, *A Beautifully Burdened Life*, 10/6/2020.