# Infant Loss Grief Support Resource List

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***For Immediate Support:*** *The NC Peer Warmline (1-855-PEERS-NC) is a free, private phone number you can call day or night to talk with someone who understands. You'll be connected to someone who has personal experiences with mental health struggles. You can call any time you're feeling sad, stressed, lonely or just need to talk. You don't need to be in crisis to call.*

*For crisis situations, such as if you are feeling hopeless, or want to hurt yourself or others, please reach out to the crisis hotline for immediate assistance. More North Carolina-specific resources can be found here.*

***Sources****: Resources are sourced from parents and grandparents who have experienced child and infant loss, Postpartum Support International, Rachel's Gift, Inc., Sudden, Unexpected Death in Childhood Foundation, Centering Grief Resources, National Alliance for Children's Grief, and Return to Zero: H.O.P.E.*

*Some portions of this guide have been adapted with permission from the following:*
*Morris Dr S. When Grief is New: A guide for parents following the sudden unexpected death of an infant or young child. Published online 2020.*

***Disclaimer:*** *This guide is intended to provide resources that may offer emotional support to families who have experienced infant loss. It is not meant to substitute for professional or medical advice. The UNC Collaborative for Maternal and Infant Health and Safe Sleep NC are not liable for the content or impact of the resources included.*

*It is important to note that choosing grief resources can be extremely personal. A resource that works for one individual may not be helpful for another. It can be helpful to try a range of resources to find what is most supportive for you.*

***Acknowledgements**: Special thanks to Lynnette Lowrimore and Dr. Sarah McCarthy for their substantial contributions to the development of this resource.*

## Books/Brochures

**Please note that while the majority of these links go to Amazon.com, this is simply for your ease with finding the books, and not an endorsement of Amazon.com, Inc.**

signifies if an audio book version is available

### Infant/Child Loss Specific:

A Little Book of Self-Care for Those Who Grieve by Paula Becker and illustrated by Rebekah Nichols (2021)

*This beautiful book offers a gentle and honest guide for surviving the early days of grief—shock, trauma, disbelief—and beyond. In simple, easy-to-absorb pages composed of short, poetic text and spot illustrations, readers will begin to find the path they need to move through their grief, step by step. From grieving a sudden death or a long illness, someone hard to love or impossible to live without, anyone suffering a loss will see themselves and their grief reflected in these pages.*

At a Loss: Finding Your Way After Miscarriage, Stillbirth, or Infant Death by Donna Rothert, PhD (2019)

*If you've experienced miscarriage, stillbirth, termination of pregnancy due to health risk or abnormality, or death in the first year of your baby's life, you're not alone. Life after these losses can be heartbreaking, confusing, and lonely. Family, friends, and medical professionals may minimize your loss or say, "You can always try again." Written by a psychologist who experienced two pregnancy losses herself, At a Loss offers thirty essays on the thoughts, feelings, and struggles that come along with losing a pregnancy or baby.*

Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief by Dr. Joanne Cacciatore (2017)

*Organized into fifty-two short chapters, Bearing the Unbearable is a companion for life's most difficult times, revealing how grief can open our hearts to connection, compassion, and the very essence of our shared humanity. Dr. Joanne Cacciatore—bereavement educator, researcher, Zen priest, and leading counselor in the field—accompanies us along the heartbreaking path of love, loss, and grief. Through moving stories of her encounters with grief over decades of supporting individuals, families, and communities—as well as her own experience with loss—Cacciatore opens a space to process, integrate, and deeply honor our grief.*

Empty Arms: Coping With Miscarriage, Stillbirth and Infant Death by Sherokee Ilse (2015)

Traducción al español: Brazos Vacíos: Sobrellevando el aborto espontaneo, el nacimiento de un bebé muerto y la muerte infantil traducción Helda Pinzón de pérez y Miguel A. Pérez (1999)

*This classic book is one of the first given to newly bereaved parents to offer guidance in decision-making after their baby's death and to assist caregivers as they support families. With*

*compassion that comes from Sherokee and David's experience of having lived through the death of their son Brennan, the book offers guidance and practical suggestions for the decision-making at the time (including why and how one might see, hold, and memorialize one's baby) and over time (such as how to handle such times as anniversaries, holidays and the birth of other babies in the parents' close circle.)*

Empty Cradle, Broken Heart: Surviving the Death of Your Baby by Deborah L. Davis, PhD (2024) 🔊
*Grieving the death of a baby is a heart-wrenching journey. Whether your baby died during pregnancy, around birth, or in infancy, Empty Cradle, Broken Heart is a gentle guide that will accompany you. Full of information and practical suggestions, this book can help you accept the variety and depth of your emotions; find answers to questions such as "What's normal?" and "Why me?"; make sense of your grief and mourning; cultivate mutual understanding with your partner; tap into sources of support; and adopt mindfulness-based coping strategies that can help you heal your heart.*

Resilient Grieving: How to Find Your Way Through Devastating Loss by Dr. Lucy Hone (2024)
*In 2014, Dr. Lucy Hone, the trailblazer in the field of Resilient Grieving, was faced with her own inescapable sorrow after her twelve-year-old daughter was killed in a car accident. By developing—and following—the strategies of Resilient Grieving shared here, she found a proactive way to manage her grief, embrace life again, and discover profound meaning. In this completely updated and expanded second edition, she continues to shift the narrative on how to grieve.*

**Written by Dads:**

A Heart That Works by Rob Delaney (2023) 🔊
*In 2018, Rob Delaney's two-year-old son, Henry, died of a brain tumor. A Heart That Works is Delaney's intimate, unflinching, and at times fiercely funny exploration of Henry's beautiful, bright life and the devastation of his loss—from the harrowing illness to the vivid, bodily impact of grief and the blind, furious rage that followed through to the forceful, unstoppable love that remains. In the madness of his grief, Delaney grapples with the fragile miracle of life, the mysteries of death, and the question of purpose for those left behind.*

Fathers Grieve, Too: For Fathers Who Have Experienced the Death of a Child (2022)
Traducción al español: Los Padres También Se Acongojan (Fathers Grieve, Too) (2022)
*An 8-page handout that is easy for newly bereaved fathers to read. Includes information about being angry, talking, working, and your relationship. Recently revised and updated 2022.*

Finding the Words: Working Through Profound Loss with Hope and Purpose by Colin Campbell (2023) 🔊
*When Colin Campbell's two teenage children were killed by a drunk driver, Campbell was thrown headlong into a grief so deep he felt he might lose his mind. He found much of the common wisdom about coping with loss—including the ideas that grieving is a private and*

*mysterious process and that the pain is so great that "there are no words"—to be unhelpful. Drawing on what he learned from his own journey, Campbell offers an alternative path for processing pain that is active and vocal and truly honors loved ones lost.*

Grieving Dads: To the Brink and Back by Kelly Farley and David DiCola (2012) 🔊
*Grieving Dads: To the Brink and Back is a collection of candid stories from grieving dads that were interviewed over a two-year period. The book offers insight from fellow members of, in the haunting words of one dad, "this terrible, terrible club," which consists of men who have experienced the death of a child. This book is a collection of survival stories by men who have survived the worst possible loss and lived to tell the tale. They are real stories that pull no punches and are told with brutal honesty.*

He Lost His Baby Too: Survival Guide for the Grieving Dad by Kelly Farley and David DiCola (2023)
*This book was written specifically for fathers grappling with the unbearable aftermath of losing a baby. It is all too easy for a bereaved father to succumb to a haunting sense of isolation after such a loss. However, within these pages lies a lifeline—a survival guide infused with wisdom, providing a roadmap through the complicated path of grief.*

## Children:

### Very Young Children

The Goodbye Book / El libro del adiós (Spanish and English Edition) by Todd Parr (2024)
*Through the lens of a pet fish who has lost its companion, The Goodbye Book / El libro del adiós tells a touching and hopeful story about saying goodbye to someone you love. Addressing the host of emotions children experience, Todd reminds readers that it's okay not to know all the answers, and that someone will always be there to support them. An invaluable resource for life's toughest moments.*

Remembering Our Baby: A Book for Siblings After SIDS by Laura Camerona (2022)
*This gentle and simple book gives families the words to talk to children who are grieving the loss of a baby who died of SIDS (Sudden Infant Death Syndrome). SIDS can be hard for adults to explain, as research is still being done to understand this tragic condition. This book includes tips for adult caregivers. In addition, the book ends with ideas of ways a family can memorialize and remember their baby*.

Something Very Sad Happened: A Toddler's Guide to Understanding Death by Bonnie Zucker and illustrated by Kim Fleming (2020)
*When a loved one dies, it can be hard to know how to explain it to a young child, particularly if you are grieving the loss yourself. Written at a developmental level that is appropriate for two- and three-year-olds, the story explains death; lets children know that it is okay to feel sad; and reassures children that they can still love the person who died, and the person who died will always love them.*

The Rabbit Listened by Cori Doerrfeld (2018) 🔊
Traducción al español: El conejo escuchó por Cori Doerrfeld y traducido por Andrea Montejo (2022)
*When something sad happens, Taylor doesn't know where to turn. All the animals are sure they have the answer. The chicken wants to talk it out, but Taylor doesn't feel like chatting. The bear thinks Taylor should get angry, but that's not quite right either. One by one, the animals try to tell Taylor how to act, and one by one they fail to offer comfort. Then the rabbit arrives. All the rabbit does is listen . . . which is just what Taylor needs. With its spare, poignant text and irresistibly sweet illustration, The Rabbit Listened is about how to comfort and heal the people in your life, by taking the time to carefully, lovingly, gently listen.*

When Dinosaurs Die: A Guide to Understanding Death (Dino Tales: Life Guides for Families) by Laurie Krasny Brown and illustrated by Marc Brown (1998)
*Straightforward and comprehensive, this indispensable book is a comforting aid to help young kids and families through a difficult time in their lives. No one can really understand death, but to children, the passing away of a loved one can be especially perplexing and troublesome. This is true whether the loss is a family member, friend, or pet. Here to offer advice and reassurance are the wise dinosaurs from the bestselling Dino Tale series. This succinct and thorough guide helps dispel the mystery and negative connotations associated with death, providing answers to kids' most-often asked questions.*

**School-Aged Children**
The ABCs of Grief: Emotions & Feelings: a book for all types of grief and loss, navigating the range of complex feelings by Jessica Correnti and illustrated by Rachel Nieman (2025)
*Grief is more than sadness. Grief is messy, confusing, and overwhelming for all ages—but especially young children who are trying to make sense of the big changes and losses happening around and within them. Through relatable language and imagery, children will learn how to process and express their emotions during times of loss and change. This book is not just for children; it serves as a powerful tool for adults supporting grieving children and themselves. Use it as a conversation starter to create a safe and open space for children to process their unique grief experiences and emotions.*

Grief is an Elephant by Tamara Ellis Smith and illustrated by Nancy Whitesides (2023)
*When Grief first arrives, it is like an elephant—so big that there is hardly room for anything else. But over time, Grief can become smaller and smaller—first a deer, then a fox, a mouse, and finally a flickering firefly in the darkness leading us down a path of loving remembrance. This lyrical work is an empathetic and comforting balm for anyone who is experiencing grief, be it grieving the loss of a loved one or losses in the world around us.*

See You on the Other Side by Rachel Montez Minor and illustrated by Mariyah Rahman (2023)
*This lyrical picture book is a beautiful, heart-opening ode to loved ones we've lost and a reminder that their love will carry on with us forever. Filled with stunning illustrations and uplifting text, this is an inspiring story for children and adults to read together in times of need.*

Where did Benjamin Go? by Chris Clarkson and illustrated by Annalise Barber (2023)
*When the snow falls, Charlie misses his brother more than anything else in the world. Daddy says that any time it snows Charlie can write down his five favorite things to do with Benjamin. The only problem is, there are hundreds of things to remember! Like playing in the pool, eating dessert before dinner, running in socked feet, planting daisies in the garden, and so much more. As Charlie remembers Benjamin, he remembers a loving and playful big brother, and a house filled with happiness and joy. He soon discovers that Mom and Dad each have their own lists, and they can find their way by relying on one another.*

I Have a Question about Death: Clear Answers for All Kids, including Children with Autism Spectrum Disorder by Arlen Grad Gaines and Meredith Englander Polsky (2017)
**For both neurodivergent and neurotypical children**
*"What does it mean when someone dies?" "Why did someone I love have to die?" This book asks questions like these that a child might have about death before offering answers. It uses straightforward text and clear illustrations to explain what death means specifically to children with ASD and other Special Needs aged 5-11.*

**Teenagers**
Chill + Spill: A Place to Put It Down and Work It Out by Steffanie Lorig & Jeanean Jacobs, MA, ATR-BC, LPAT, CPC
*Chill & Spill combines blank pages with prompted ones, giving teens lots of room to share their feelings, fears, and frustrations. Suggested age range: 9th to 12th grade. Chill & Spill Fact Sheet. Chill & Spill helps young people find words to express the difficult issues they are facing while promoting positive social and emotional learning skills.*

Grieving for the Sibling You Lost: A Teen's Guide to Coping with Grief and Finding Meaning After Loss (The Instant Help Solutions Series) by Erica Goldblatt Hyatt, DSW (2015)
*If you've lost a sibling, you feel sad, confused, or even angry. For the first time, a psychotherapist specializing in teen and adolescent bereavement offers a compassionate guide to help you discover your unique coping style, deal with overwhelming emotions, and find constructive ways to manage this profound loss so you can move forward in a meaningful and healthy way.*

Teen Grief Journal (National Alliance for Children's Grief)
Traducción al español: Mi Cuaderno de Duelo Para Adolescentes
*An interactive journal for teens to express their grief experience. This journal includes supportive quotes on each page directly from other teens who are grieving.*

Grief: Insights and Tips for Teenagers (Empowering You) by Joe Jansen (2020)
*Grief: Insights and Tips for Teenagers is a compassionate guide to help you and those you care about navigate the difficult path of grief. Filled with the words of other young adults who have walked this road themselves, you will find that you are not alone—and that things do get better.*

**General Grief:**

It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand by Megan Devine (2017) 🔊

Traducción al español: Está bien que no estés bien traducción Pilar Guerrero Jiménez

*In It's OK That You're Not OK, Megan Devine offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy. Having experienced grief from both sides—as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner—Megan writes with deep insight about the unspoken truths of loss, love, and healing. She debunks the culturally prescribed goal of returning to a normal, "happy" life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it.*

I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One (A Compassionate Grief Recovery Book) by Brook Noel and Pamela Blair, PhD (2008) 🔊

*Whether you've lost a parent, partner, child, sibling, friend—or anyone you loved—I Wasn't Ready to Say Goodbye offers the compassion and clarity you need when grief is sudden, raw, and overwhelming. This trusted guide has helped over a million readers cope with the shock of unexpected loss. Drawing from personal experiences and years of counseling insight, Brook Noel and Dr. Pamela D. Blair provide a steady, judgment-free companion through the most disorienting stages of grief.*

What's Your Grief?: Lists to Help You Through Any Loss by Eleanor Haley, MS and Litsa Williams, MA, LCSW-C (2022) 🔊

*Losses, big and small, turn your world upside down. What's Your Grief? will help you through all of them. Many life changes need to be grieved, from the loss of a loved one to the loss of a job, from a breakup to a relocation, and all the rest of life's ebbs and flows. In What's Your Grief?, mental health professionals Eleanor Haley and Litsa Williams help you examine, investigate, and move through the complex but universal experience of grief.*

When Life Hits Hard: How to Transcend Grief, Crisis, and Loss with Acceptance and Commitment Therapy by Russ Harris (2021)

*Whether it's the loss of a loved one or a job, the end of a relationship, a pandemic, or a natural disaster—nothing really prepares us for those moments when life hits hard and turns our world upside down. The good news is that you can move forward. There are tools you can use to find your way back from despair and live a fulfilling life. In this candid self-help guide, psychotherapist Russ Harris offers powerful and doable skills grounded in evidence-based ACT to help you recover from grief, loss, and crisis; transcend your pain and suffering; and build a rich and meaningful life—even in the face of adversity.*

## Podcasts

As Long As I'm Living with Judith and Alina
*We're long-distance friends and bereaved moms who lost sons to SIDS in 2021. Each Monday, we chat life after infant loss. Raw episodes with lots of tears, hopeful episodes on the good days, episodes to help those supporting a griever, and interviews with loss parents and other experts in grief and trauma. We started our podcast to document our journeys toward Happier Ever After and hope to provide support and connection for those who have lost a child to SIDS, stillbirth, TFMR, miscarriage, or any other type of baby loss. We're sorry you need us, but we're so glad you're here!*

Boston Children's Answers Parentcast: How do I cope with the loss of my child? with Dr. Richard Goldstein (Boston Children's Hospital)
*Boston Children's Answers Parentcast is the ultimate podcast for parents who want expert advice on keeping their kids healthy. Hosted by neonatologist and mom Dr. Jennifer Arnold, each episode features Boston Children's specialists sharing valuable insights and practical tips to help you navigate the journey of raising children. In Season 3, Episode 6, Dr. Jennifer Arnold speaks with Dr. Richard Goldstein, director of the Robert's Program on Sudden Unexpected Death in Pediatrics at Boston Children's Hospital. They discuss the unimaginable experience of losing a child and how families can begin to cope. Dr. Goldstein shares what he's learned about grief, healing, and staying connected after loss.*

Chasing the Rainbows: Cry It Out Loud Podcast
*Chasing the Rainbows hosts a real talk, honest podcast about what life is like after birth traumas, infertility, miscarriage, stillbirth and infant loss. Learning how to live again, seeing life out of a whole new lens. This show promotes holistic connections, support, and comfort for those walking a lifelong journey of grief united from our losses, being stronger together.*

Connecting Through Grief When a Child Dies Podcast (St. Jude)
*Connecting Through Grief When a Child Dies is a podcast created at St. Jude Children's Research Hospital by parents who have experienced the death of their children.Each episode focuses on the early stages of the grieving process. Bereaved dad Andy McCall leads conversations with parents as they share their grief experiences. St. Jude experts provide their observations, thoughts, and helpful information for grieving parents.*

The Joyful Mourning Podcast
*A podcast for women who have experienced pregnancy or infant loss. And for those who love them. Honest conversations from real women as they share candidly about their own experience of loss and what it has looked like for them to navigate grief.*

Guys and Grief Podcast
*Our podcast was created to provide community and support for fathers like us who have experienced pregnancy or infant loss. We know firsthand the pain of losing a child. Out of*

*pain, purpose, and necessity, Guys and Grief was created. We are honored to be a part of your journey.*

Loss of Child Podcasts (List)
*A collection of various podcasts on different experiences of child loss.*

## Support Groups

### North Carolina-Based:

1. **KinderMourn (Charlotte)**

   Programs: Grieving Parents, Empty Arms, Grieving Children, Helping the Hurt (School-Based Program)

   Address: 1320 Harding Place, Charlotte, NC 28204
   Phone: 704-376-2580
   Website: https://www.kindermourn.org/programs
   Cost: Initial visit is free and additional services are provided on a sliding fee scale; scholarships available for those who need financial support

2. **ConeHealth Baby (Virtual but based in Greensboro)**

   Programs: Bereavement Grief Support Group (Pregnancy/Infant Loss) - Virtual

   Location: Online
   Contact Person: Amanda Davee Lomax at Amanda.DaveeLomax@conehealth.com
   Phone: 336-832-6882
   Website: https://www.conehealthybaby.com/chb/your-pregnancy/actions-to-take-before-your-due-date/register-for-a-class/event-search-results-details/?eventId=7ec3e895-f380-ef11-a871-000d3a61151d#Description
   Cost: Free

3. **The Shore Grief Center (Raleigh and Wake Forest)**

   Programs: Cameron's Kids Group, Save the Teens Group, Bereaved Parents Support Group

   Location: Group-dependent, based in Raleigh
   Headquarters Address: 12509 Shallowford Dr. Raleigh NC 27614
   Phone: (828) 384-8889
   Website: https://www.theshoregriefcenter.org/
   Cost: Free

4. **WakeMed Parentcare (Raleigh)**

   Program: Parentcare Support Group

   For more information on meetings, call 919-350-8556 and/or email parentcare@wakemed.org

Website: https://www.wakemed.org/classes-and-events/support-groups/parentcare
Cost: Free

5. **National Share Chapter: Angel Prints (National organization with chapter in Zebulon)**

   Programs: Online support groups

   Location: Online
   Contact Person: Toshina Wiggins | angelprintsorg@gmail.com | 919-518-4289
   P.O. Box 397, Zebulon, NC 2759
   Websites: https://www.angelprints.org/
   https://nationalshare.org/north-carolina/
   Access the National Share's Facebook Private Support Groups here:
   https://www.facebook.com/NationalShare/groups
   Cost: Free

## National:

1. **The Compassionate Friends (TCF)**

   Programs: In-person and virtual support groups

   Locations: Various chapters and support group meetings throughout NC:
   which can be found here: https://www.compassionatefriends.org/find-support/chapters/chapter-locator/
   Phone: 877-969-0010
   Email: nationaloffice@compassionatefriends.org
   Website: More information: https://www.compassionatefriends.org/find-support/
   Cost: Free

2. **First Candle**

   Programs: Online peer-to-peer support groups offer safe and supportive places for individuals and families to share information and experiences surrounding pregnancy and infant loss

   (National) Grief Support Hotline: 1-800-221-7437

   Website: More information can be found at https://firstcandle.org/bereavement/online-support-groups/
   Cost: Free

3. **GriefShare (Christian organization)**

   Programs: General grief support groups in-person and online; online groups include 13 weekly video seminar sessions for those who have lost a loved one, followed by guided Group

   Find a support group near you: https://www.griefshare.org/findagroup
   Cost: Free unless you wish to purchase the workbook/additional materials ($20-25)

4. **Postpartum Support International**

   Programs: Virtual support groups for mothers and parents who have experienced infant loss

   Support Groups:
   - Pregnancy and Infant Loss Support for Moms
   - Pregnancy and Infant Loss Support for Parents
   - Stillbirth and Infant Loss Support for Parents

   Website: PSI Online Support Groups
   Cost: Free

5. **Return to Zero: H.O.P.E (RTZ HOPE)**

   Programs: Online support groups, workshops, and webinars for pregnancy and infant loss; in person retreats in Northern California; specific resources available for BIPOC and LGBTQQIA+ communities; local resource locator

   Website: https://rtzhope.org
   Resource Locator: https://rtzhope.org/support
   Cost: Base registration fee of $150 for the 6-week program and $125 for the 4-week program. For couples-specific groups, the base registration fee is $250.
   Equitable Access Code: For BIPOC, queer/trans individuals, people living with disabilities, and other marginalized populations who have experienced limited access to support resources due to systemic racism and historical disinvestment, use the access code **EQUITYCODE** to receive a 50% discount at registration for any program currently listed on our website.

6. **Star Legacy Foundation**

   Programs: Virtual support group in English and Spanish for infant loss, peer companion support, phone and text support lines (call 952.715.7731 ext. 1 or text “HELP” to this same number; answered 8am-8pm CT)

   Phone: 952-715-7731
   Email: info@starlegacyfoundation.org
   Website: https://starlegacyfoundation.org/family-support/
   Cost: Free

## A Few Online Young Children's Grief Resources

*The following include some online videos, activities, and visuals that can help children to process their grief over losing a sibling, family member, or friend.*

PBS: Daniel Tiger's Neighborhood
*Includes a feelings songs and other linked worksheets and activities.*

PBS KIDS: All About Emotions
*Includes visual and interactive resources such as feelings wheels, feelings posters, and matching games.*

Sesame Workshop: Grief
*Videos from Sesame Street characters on grief, as well as resources for parents on talking about grief with their children in both English and Spanish. Includes games, storybooks, and other activities related to grief.*