



*Support for you
when your baby dies*



Féileacáin





Féileacáin

ABOUT FÉILEACÁIN

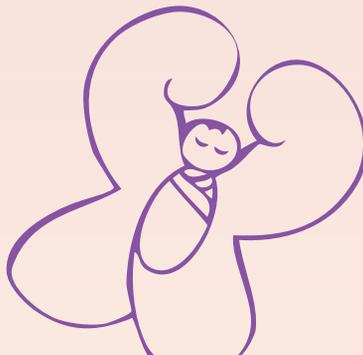
Féileacáin is a national charity that can offer you emotional support and practical help if your baby has died during pregnancy, at birth or shortly afterwards.

The death of a baby is a devastating experience. The effects of grief can be overwhelming and you can be left feeling shocked, disorientated, isolated and exhausted.

It can be hard to take in information, to make decisions or to imagine how you are going to cope.

At Féileacáin you will find people who understand what it's like, because we have been through this experience ourselves. We are here to offer help whenever you need it.

“Nothing could have prepared me for my baby dying. It was the worst moment of my life. Every dream, wish and hope I'd had, had been completely shattered”.





HOW WE CAN HELP YOU

“When our baby died our lives fell apart. I felt so alone and isolated and just didn’t know what to do or where to turn. In those very early days and weeks, Féileacáin was invaluable and the reason I am still here today”.

When your baby dies you are suddenly faced with having to make decisions you never expected to ever have to make. We are here to offer you support and help right now, and in the weeks and months ahead.

Parents have told us how important memories of this time are. You may need time to think about what is right for you.

The health care staff looking after you are there to talk through the options with you and to help you reach your own decisions.

- There are choices you can make about what happens to your baby and to you in the early hours and days after your baby’s death. These are very personal decisions but we can suggest what possibilities there are and tell you what other parents have chosen to do.
- There are some things that you may have to do, including registering your baby’s death and deciding about a funeral and post mortem. We can help you with information about what options there are and where to go for more help.
- You may want to talk to someone who can listen to how you feel or can help you think through what you want to do. You may find it helpful to read about other people’s experiences and the different choices they made.

On the following pages you will find ways in which Féileacáin can offer you support and information.



HELPLINE

“I didn’t know why I phoned, I’d never done something like that before... I didn’t know what to say, but finding this warm gentle voice who really listened to me without interrupting was a godsend. I really felt understood”.

When your baby dies it can sometimes be difficult to talk with those around you about what has happened. Our helpline provides a safe place where there is someone to listen to you or just be with you when you need it.

You may want information or help in making decisions, especially in the days after your baby’s death. Our experienced helpline team can offer support and will give you time and space to talk about what you want to do.

We know it can be difficult to pick up the phone and you are welcome to email or write to us instead. Many family members, friends and health professionals also contact us for information, advice and support.

Contact our helpline on 085 2496464
or email info@feileacain.ie

LOCAL SUPPORT

“I found myself on the phone to a woman whose baby, like mine, had died. ‘Tell me about your baby’, she said and I poured my heart out to a perfect stranger with whom I felt an instant connection”.

Many parents feel that although other people can sympathise, parents who have experienced the death of a baby can offer real understanding of what you are going through.

If you would like to talk to a local befriender or maybe meet with other parents we can put you in touch with a Féileacáin contact in your area. You will find an informal network of support, understanding, encouragement and friendship.

Contact our helpline on **085 2496464**
or email **info@feileacain.ie**



WEBSITE

In the early days after your baby's death, when there are many choices to be made, you may want information about the options you have. The Support section of our website may help you make choices that are right for you.

As time goes on you will find other resources on the site which may be helpful to you, such as A Butterfly For You, Your Book of Thoughts, Birthday Calendar and Keepsakes.

Visit our website at www.feileacain.ie

We also have a Facebook page which is constantly updated and where you can interact with others with similar experiences.

Visit our Facebook page at

<http://www.facebook.com/pages/Feileacain-Stillbirth-and-Neonatal-Death-Association-of-Ireland/114951088552179>

SUPPORT AND INFORMATION LEAFLETS

“As I started reading the Féileacáin leaflets, I suddenly felt understood. As I continued to read I felt an instant connection, more or less every paragraph was like, ‘snap’ that’s exactly what I’m feeling or have been thinking”.

When your baby dies, your emotions and experiences may be different from your partner's, and the experience is different again for other family members. We have leaflets with information and support especially for mothers, fathers, children, grandparents and other family members and friends.

For more information or to order our leaflets go to www.feileacain.ie or call **085 2496464**

BOOKS

At times you feel that you could drown in your grief, and that nobody understands the hurt inside, but reading other people's experiences shows that you are not alone and lets you know that your thoughts and feelings are perfectly normal.

Fathers and mothers have written about their experiences in a range of books, describing their changing emotions and the impact their baby's death has had on their lives.

SANDS UK publish illustrated storybooks for children written by parents who wanted to find ways to talk about their baby's death with the other children in their family.

For more information on how to order their books go to
www.uk-sands.org/shop

We also have books about coping with the grief of losing a baby during pregnancy or shortly afterwards within the Féileacáin library.

For more information on books we recommend
or to order our books go to
<http://www.feileacain.ie/remembering/publications/>
or call 085 2496464



SUPPORT FOR ALL

The death of a baby can happen to any one of us. What brings us together in Féileacáin is the common experience of this painful loss.

Your baby may have been stillborn or died during or soon after birth. He or she might have spent some time in a special care baby unit. It may be that your baby died at an earlier stage of pregnancy. We offer support whenever a baby dies.

As well as supporting mothers, fathers and same sex partners, we are also here to help other members of the family, especially grandparents and other children. Many other people may be touched by your baby's death, including friends, colleagues and health care staff.

All are welcome to contact us for support and information.

You may not want anything from us right away but we are here to help whenever you feel you need it, which may be in a few weeks, months or even years.





Féileacáin

Stillbirth and Neonatal Death Society of Ireland
(SANDAI)

WHAT ELSE DOES FEILEACAIN DO?

As well as supporting anyone affected by the death of a baby, we aim to:

- **IMPROVE CARE WHEN A BABY DIES**

No-one can take away the pain parents feel when their baby dies. But sensitive, supportive care from health professionals can help to ease the grieving process.

We work in partnership with health professionals to ensure that bereaved parents and families receive the best possible care.

- **REDUCE THE LOSS OF BABIES' LIVES**

We promote research to reduce the loss of babies' lives through the ongoing research taking place worldwide.

GETTING IN TOUCH

If you would like to know more about anything that has been mentioned in this leaflet or Féileacáin in general, please contact us or visit our website.

Support: **085 2496464 • info@feileacain.ie**

Website: **www.feileacain.ie**

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