

WHAT TO DO AFTER THE LOSS OF A BABY

Losing a baby is hard physically and emotionally. Here are some suggestions on how to take good care of yourself.

REST & SLEEP

It is common to have problems sleeping. Try resting during the day if you can't sleep at night.

EXERCISE

Do some activity every day.

DON'T EXPECT TO "GET OVER IT"

You will experience happy times again in your life, but you may never "get over it".

TALK WITH OTHERS

Consider seeking out others through support groups, church groups, friends and family.

HONOR YOUR FEELINGS

Embrace your emotions. They may range from anger to sorrow to hope - everyone reacts differently.

REMEMBER

All people grieve differently. What is right for someone else might not be right for you.

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CALHOUN COUNTY

Fetal Infant Mortality Review

*Sharing your story can honor your
baby's life and may help save the
lives of others*

Your Story

If you recently suffered the loss of a baby during pregnancy, after birth, or up to the first year of life, the Fetal Infant Mortality Review (FIMR) Program would like to extend our deepest sympathy.

The Calhoun County FIMR Program would like to hear your story. By sharing your experience, you can help improve future pregnancy outcomes and infant lives in our community.

Your story is a unique personal journey. You can provide vital information about your experiences with medical and social service providers that would otherwise never be known. With your help, we can learn more about how to reduce fetal and infant deaths.

Why should I tell my story?

Your story could help create changes in community services such as:

Our program offers referrals to community resources and grief support. Consider discussing your pregnancy with our maternal interviewer in your home or another meeting place. All information shared that identifies you, your child, your family, and healthcare providers will be kept private and confidential.

The program is voluntary and free of charge. If you would like to schedule a home visit to share your story or if you have questions, please call us at

269-234-3764



*"Death leaves a heartache
no one can heal, love leaves
a memory no one can steal."*

- Richard Puz