

Information for continuing a severe or terminal pregnancy:

In celebration of the Life of Grace Anne Nugent:
Continuing a Trisomy 18 Pregnancy
<http://graceannenugent.netfirms.com/story.html>

Websites on Carrying to Term:

Carrying to Term Pages
<http://www.janelebak.com/ctt/index.html>

Morning Light Ministry – Hope in Turmoil
<http://p6.hostingprod.com/@morninglightministry.org/hopeinturmoil.html>

Living with Trisomy 13
<http://www.livingwithtrisomy13.org/>

Carrying to term with a negative prenatal diagnosis
<http://carryto term.org/>

Books on Carrying to Term:

“A Gift of Time: Continuing Your Pregnancy When Your Baby’s Life Is Expected to Be Brief” by Amy Kuebelbeck and Deborah L. Davis. Publisher: The Johns Hopkins University Press; 1 edition (January 12, 2011)

“I Will Carry You: The Sacred Dance of Grief and Joy” by Angie Smith. Publisher: B&H Books (May 1, 2010)

“Loving and Letting Go: For Parents Who Decided to Turn Away from Aggressive Medical Intervention for Their Critically Ill Newborns” by Deborah L. Davis. Publisher: Centering Corporation June 1992.

“Empty Cradle, Broken Heart, Revised Edition: Surviving the Death of Your Baby” by Deborah L. Davis. Publisher: Fulcrum Publishing; Revised & enlarged edition (1996)

*This book is recommended for both those who CTT and those who TX.

If you decide to end your pregnancy here are some resources that may help:

NOW: State-by-State Abortion Laws
<http://www.pbs.org/now/shows/329/abortion-laws.html>

National Abortion Federation
<http://www.prochoice.org/>

ACOL (Abortion Clinics OnLine)
<http://www.gynpages.com/>

Planned Parenthood
<http://www.plannedparenthood.org/health-topics/abortion-4260.asp>

Hyperemesis Gravidarum
HG is a debilitating and potentially life-threatening pregnancy disease marked by rapid weight loss, malnutrition, and dehydration due to unrelenting nausea and/or vomiting with potential adverse consequences for the newborn(s).
<http://www.med.nyu.edu/content?ChunkIID=11611>

Websites and Support Groups for Ending a pregnancy:

A Heartbreaking Choice: This website supports women who have undergone a pregnancy termination due to a poor prenatal diagnosis, problems with their own health, or for the health of another fetus (selective reduction).
<http://www.aheartbreakingchoice.com>

A Heartbreaking Choice Discussion Forums:
This board supports women who have undergone a pregnancy termination due to a poor prenatal diagnosis, problems with their own health, or for the health of another fetus (selective reduction).
<http://aheartbreakingchoice.com/AHCForums>

PASS Message Boards (For women who have terminated due to a poor prenatal diagnosis)
<http://www.passboards.org/>

Books on Termination:

Our Heartbreaking Choices: Forty-Six Women Share Their Stories of Interrupting a Much-Wanted Pregnancy, published 2008 by IUniverse
www.ourheartbreakingchoices.com

A Time to Decide a Time to Heal: For Parents Making Difficult Decisions About Babies They Love by Molly A. Minnick & Kathleen J. Delp, Edited by Mary C. Ciotti
Publisher: Pineapple Pr; 4th edition (December 1992)

Information and Support for a Poor Prenatal Diagnosis

You've just received devastating news about your pregnancy, what do you do now?

This information is for those experiencing a serious or terminal prenatal diagnosis for their child. It is designed to offer information and support for parents receiving a poor prenatal diagnosis. The author of this pamphlet is not a trained medical professional and this information is not intended as a replacement for medical care or advice. It is sole intended as a source of information and support. This information is presented as is without any loss or damage caused by use or dependance on information obtained from this brochure.

For most women pregnancy is a time of joy, anticipation of a new life; but for some the news is not good. Have you received a poor prenatal diagnosis? Learned that the wonderful life you thought you were going to be bringing home has a serious or fatal condition? What do you do? Where do you turn?

How do you choose to terminate a pregnancy you want so desperately? How do you choose to carry a terminal or fatal pregnancy to term? This brochure is designed to help you make an informed decision on how to proceed.

There is no easy answer to this question, and the answer will be different for each couple experiencing this heartbreaking news; but there are resources to help you through this time!

If you have received a Poor Prenatal Diagnosis (PPD) resources to help you decide what to do can be found on-line at <http://www.poorprenataldiagnosis.com/> which is a listing of websites that offer support for both continuing to term a serious or fatal pregnancy (CTT) or for terminating a much wanted pregnancy for medical reasons (TX).

There are things you don't want to think about at a time like this, but unfortunately they are things that need to be considered.

Whether you decide to carry the pregnancy to term or end the pregnancy, what is the best course of action for you? Where do you go and what questions do you ask?

Below are some things to consider no matter what decision you make if it involves a loss:

Check with your diagnosing OB about your choices. Depending on your state laws and how far along you are in the pregnancy, your options may be limited.

If your baby's diagnosis is severe and you decide to carry to term OR you decide that you cannot continue the pregnancy, some questions you may have are:

What should I do to commemorate or create a memorial for my baby?

See if the doctor can get hand or foot prints of your baby for you.

Ask about possible photos of your baby – you may or may not want them, but it is best to ask if you might want them later.

Have a memorial service for your baby. Release a balloon in your baby's memory.

Plant a tree or flowers in your baby's honor.

Keep a journal of your thoughts and memories or keep a scrapbook of ultrasounds, gifts and cards given to you during your pregnancy.

Make a donation to a children's charity such as March of Dimes or St Jude's Children's Hospital.

Request an entry in "The Shrine of The Holy Innocents" - this shrine is dedicated in Memory of the Children Who Have Died Unborn.
<http://www.innocents.com/shrine.asp>

Other information to consider:

Baptizing your baby. Check with the Chaplain at your local hospital or parish if you would like to have your baby baptized.

Consider the option of holding your baby.

Bring your own preemie hat and receiving blanket or check to see if there is a local chapter of "Afghans for Angels" in your area: Angel Afghans are baby blankets that are delivered to local hospitals to give to parents who've suffered the loss of their infant through miscarriage, stillbirth, or infant death.
<Http://www.afaproject.org/>

Bring a camera and take pictures or have the nurse take pictures if you feel you can't; or check with a photographer.

What about your baby's remains? This is a very sensitive subject, but whether you terminate or carry to term, you have a choice to make about your baby's remains.

Check with your diagnosing doctor about any rights to get your infant's remains if you wish to do so. Be aware that YOU may have to make the arrangements for burial or cremation, but you can start by checking with your doctor and/or hospital.

Call your local funeral home to see if they will work with the hospital or clinic where you deliver or terminate; most funeral homes will be glad to make the arrangements for you.

Websites that offer support for CTT:

A Place to Remember -Uplifting support resources for those who have been touched by a crisis in pregnancy or the death of a baby.
<http://www.aplacetoremember.com>

Pregnancy and Infant Loss Support, Inc.
<http://www.nationalshare.org/>

M.I.S.S. Foundation - Provides crisis support and long term aid to families after the death of a child from any cause. <http://www.missfoundation.org>

The Compassionate Friends - Supporting Family After a Child Dies
<http://www.compassionatefriends.org>

Websites that offer memorial gifts or photos:

Baby Remembrance Items
<http://www.rememberingourbabies.net/store/Default.asp>

La Belle Dame- Infant loss jewelry
<http://www.labelledame.com/miscarriage-infant-loss.html?gclid=C1ylzt7N96oCFY8R2godz0I7BQ>

My Forever Child – Keepsakes and Jewelry for remembrance, healing and hope
<http://www.myforeverchild.com/>

Now I lay me down to sleep – Infant bereavement photography (some restrictions may apply)
<http://www.nowilaymedowntosleep.org/>

If you decide to carry your pregnancy to term here are some resources that may help you:

Perinatal Hospice: A gift of Time
http://perinatalhospice.org/Perinatal_hospices.html

Children's Hospice – Compassionate support for seriously ill children and their families
<http://www.childrenshospice.org/>

Neonatology and the rights of families
<http://www.narof.org/>

Prenatal support for life threatening or fatal diagnosis
<http://www.puvs.org/prenatalsupport.html>

Book Resources:

Empty Arms: Coping After Miscarriage, Stillbirth and Infant Death by Sherokee Ilse Publisher: Wintergreen Press, Inc.; 20th, Revised & enlarged edition (October 30, 2008)

Precious Pregnancies Heavy Hearts: A comprehensive guide for families facing painful choices about their pregnancy and for all who share their pain by Carole Smarr. Publisher: iUniverse, Inc. (January 6, 2006)

Unspeakable Losses: Healing From Miscarriage, Abortion, And Other Pregnancy Loss by Kim Kluger-Bell. Publisher: Harper Paperbacks (April 26, 2000)