

STRATEGIES TO HELP COPE AFTER THE LOSS OF A BABY

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

- **Honor your feelings**
 - Embrace your emotions. They may range from anger to sorrow to hope - everyone reacts differently.
- **Talk with others**
 - Consider seeking out others through support groups, church groups, friends and family.
- **Rest & sleep**
 - It is common to experience loss of sleep. Try resting during the day if you can't sleep at night.
- **Exercise**
 - Engage in some type of activity everyday.
- **Remember...**
 - All people grieve differently. What is right for someone else might not be right for you.

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



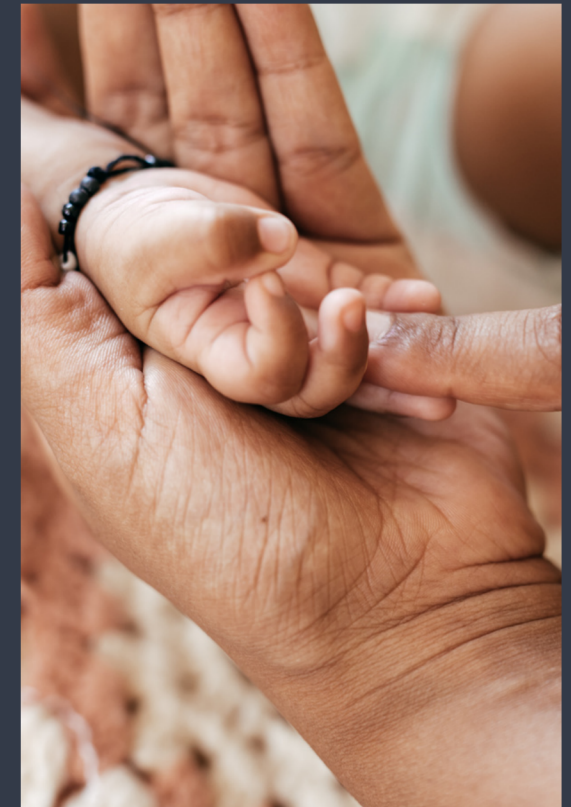
Fetal Infant Mortality Review Program

**Thurston County
Public Health & Social Services**

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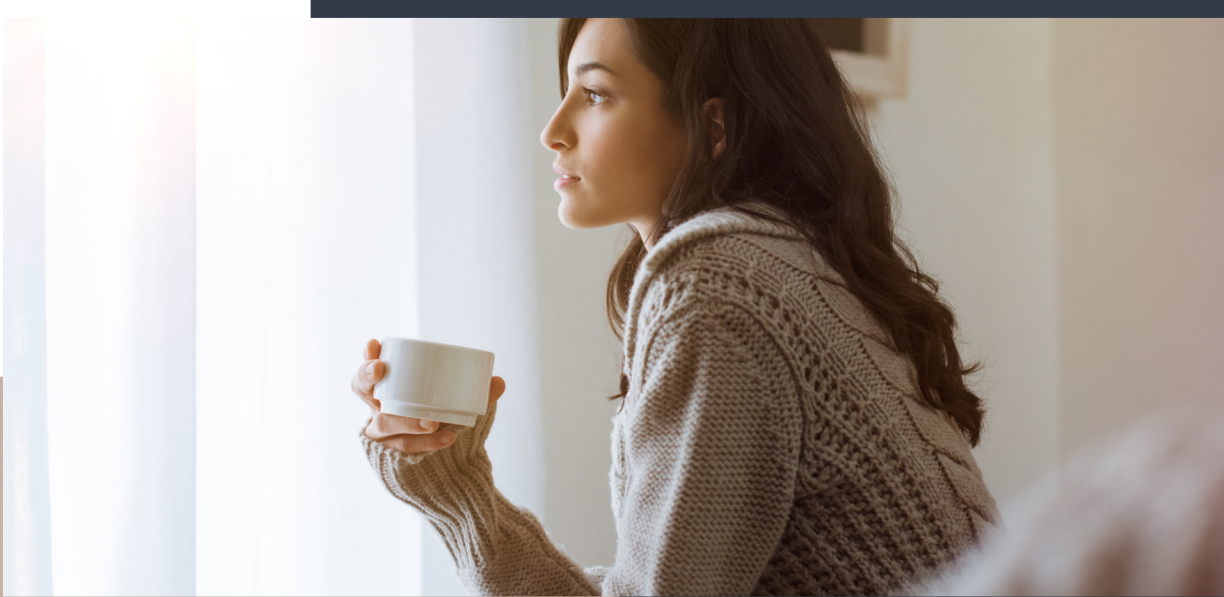
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360-867-2500
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Public Health & Social Services

**Improving Maternal
& Child Health:
Thurston County's Fetal
Infant Mortality Review**



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 of Thurston County** would like to extend our deepest sympathy.

Your experiences are unique to you and your family. Sharing your story can provide vital information about your experiences with medical and social service providers that would otherwise never be unknown. The **Thurston County FIMR** team would like to hear your story and support you in your journey.

By sharing your experience, you can help improve future pregnancy outcomes and infants lives in the community.



With your help we can learn more on how to reduce fetal and infant deaths

Our program offers referrals to community resources & grief support. Our **FIMR** team will reach out to you to schedule a time for you to share your story.

All the information shared that identifies you, your child, family, and healthcare providers will be kept **private** and **confidential**.

If you would like to schedule a time to share your story or if you have any questions, please contact **Lisa Ostler** at:

360-789-7718

PHSS_FIMR@co.thurston.wa.us

WHY SHOULD I TELL MY STORY?

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

- Increase awareness about infant loss through education
- Improve healthcare systems
- Policy changes
- Creates helpful resources for patients and families