**Suggested Reading**

We have compiled a list of books on a variety of topics related to perinatal grief and loss. Some of the books can be found at your local bookstore or library, usually in the self-help section. However, many can only be found in specialty bookstores or on the internet.

***As a first step in navigating this journey following the loss of your baby, we recommend the following resource:***

**Love and Loss: A Guide to Family Healing After the Loss of Your Baby (Shipp):** A compilation of blog excerpts and inspirational quotes offering love and understanding for those first shell-shocked days and weeks following a loss.

***Additional recommendations (please see our website, northsidepnl.com, for a more comprehensive list by topic):***

* **A Gift of Time: Continuing Your Pregnancy When Your Baby’s Life is Expected to Be Brief (Kuebelbeck):** A gentle and practical guide for parents.
* **A Guide for Fathers: When a Baby Dies (Nelson):** Support and guidance for newly bereaved fathers.
* **An Exact Replica of a Figment of My Imagination: A Memoir (McCracken**): A beautiful memoir about the loss of her baby boy in the ninth month, the author considers the nature of love and grief with humor, warmth and unfailing generosity.
* **Couple Communication When A Baby Dies (Ilse & Nelson):** Thoughts from grieving couples as well as thought-provoking questions and conversation starters.
* **Empty Cradle, Broken Heart (Davis):** Encourages grieving and makes suggestions for coping.
* **Making Angels: A Story of Blessings on Our Journey to Have Children after the Heartache of Infertility, Miscarriage, and Late-term Pregnancy Loss (Urrutia):** A memoir of the author’s journey to create a family. *(\*limited copies available in our office – please call or email us)*
* **Our Heartbreaking Choices** **(Ed by Brooks):** 46 women share their stories of interrupting a much-wanted pregnancy.
* **Still: A Collection of Honest Artwork and Writings from the Heart of a Grieving Mother (Cole):** An intense, emotional and beautiful account of the first year following the stillbirth at 41 weeks of the author’s daughter.
* **Tear Soup: A Recipe for Healing After Loss (Schwiebert and DeKlyen):** A book for the whole family that affirms the bereaved, educates the un-bereaved; rich with wisdom and concrete recommendations. (disponible en espanol)
* **Thumpy’s Story: A Story of Love and Grief Shared by Thumpy, the Bunny (as told to Nancy C. Dodge):** Helps children deal with the loss of a sibling. (disponible en espanol)

**Here are some suggested publishers & websites for purchasing books online:**

A Place to Remember (aplacetoremember.com)

Alibris Books (alibris.com)

Amazon (amazon.com)

Centering Corporation(centering.org)

Champion Press (championpressbooks.com)

Compassion Books (compassionbooks.com)

Grief Watch (griefwatch.com)

Growth House (growthhouse.org)

Wintergreen Press (wintergreenpress.org)