

Bereavement Support

As Nicole Hasseldine of ISLA Grief and Loss says, “addressing perinatal loss is a delicate task.”

Amy has the loving presence to navigate this difficult period with you.

How can a doula help in the event of pregnancy loss, stillbirth, or neonatal bereavement?

- Listening
- Sitting together
- Feeding your family
- Facilitating memory-making (*helping you to gather photos, mementos, artifacts, any document of your baby’s life; recording your experience and reflections through art or other methods; integrating this part of your parenting journey into your life story*)
- Organizing and honoring nursery items or other baby-related items at home
- Helping to donate supplies or baby items that you do not plan to keep
- Providing resources for emotional support in your grief, as well as fertility or future pregnancy resources
- And more

Whether you want support right when you experience loss, or months later – whatever form it takes for you – Doula Amy can provide sensitive, personalized guidance through the processes of grieving and memory-making.

