The Miscarriage Association
OF IRELAND

Information Book

"To Know that Someone Cares"
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Dedication

“To all those babies born too soon, who never got the opportunity to share their lives with us but will live on in our hearts forever”
ABOUT THE MISCARRIAGE ASSOCIATION

The Association is a charitable body set up by, and with the support of women and men who themselves have experienced the loss of a baby through miscarriage. We offer telephone and email support to bereaved parents. In addition, we hold monthly support group meetings and our website provides a wide variety of information.

Our aims are:-

1. To increase awareness in the general public that all pregnancy loss is a bereavement and that the length of the pregnancy is not related to the depth of grief and sense of loss experienced.

2. To provide support, help and information for women and their families who have had, or are having a miscarriage and feel the need for help.

3. To make available such information about miscarriage, its effects and other allied information that is not already or easily available.

4. To dispel the myths about miscarriage and no longer have it as a taboo subject. Ignorance is not bliss when it causes fear and anxiety to the person(s) involved.

5. To seek to effect change, with the support of the Medical Professionals, in terms of how women and their partners who have experienced a miscarriage are treated when in hospital, and to ensure that they receive all the information and support relevant to their situation.

6. To set up local support groups throughout the country in order to bring about contact between women and men who have lost a baby through miscarriage so that they will feel that they are not alone in their grief.

7. To encourage women and men to openly and freely express their feelings, to allow themselves to cry and to grieve without fear of being told they are being selfish or to "shake themselves out of it".

8. To publish a Newsletter for distribution to Members. It will contain a selection of items, news from the local branches, items written by various men and women telling of their own experiences and feelings.
9. To promote the sharing of mutual experiences and knowledge with a view to be to other women what we ourselves would have wanted had such a service been available at the time and to encourage healing and hope.

10. To learn more so that others may suffer less.

11. To compile, print and distribute leaflets, posters and pamphlets that could be left in clinics, waiting rooms, ward-rooms, perhaps even handed to a patient by a medical practitioner: this way a woman is aware that help, support and information is available, if or when she needs it.

12. To become affiliated to as many relevant groups and associations in order that we may work together to provide the most efficient service possible and to combine information.

13. To reach a wider audience by providing up-to-date information on miscarriage on our website: www.miscarriage.ie.

This is only a brief guide to the Association; further details can be provided on request. The Association is open to further suggestions as to how we could better our services and further our aims.

All information is treated in the strictest confidence and we are only too pleased to be able to help any person who may choose to contact us.

We are a registered Charity Number CHY9738 / 20024420
THE LOGO OF THE MISCARRIAGE ASSOCIATION OF IRELAND

The tree with the falling leaf speaks volumes.

Our Logo is the Family Tree with the falling leaf, representing the missing family member - in this case, the precious little baby lost through miscarriage.

This Logo has been an inspiration and a source of consolation for many, since our Association was established in September 1988. We would like, on behalf of the Committee and all the members of the Miscarriage Association of Ireland, to extend our gratitude to Marie McCarth who was inspired all those years ago and came up with this beautiful and very appropriate design.

We are very proud of our Logo and believe that it plays a significant part in representing all those “little lives” born too soon, who never got the opportunity to share their lives with us, but who will live on in our hearts forever.
COMING TO TERMS WITH YOUR MISCARRIAGE

1. It is important to be open about your own feelings, fears and anger and to communicate with your partner, family or close friends.

2. It helps to remember that what you are experiencing happens to many women. In fact, approximately one in every five pregnancies end in miscarriage.

3. Most couples do go on to have healthy full term babies.

4. Each woman varies in the amount of pain she suffers at actual miscarriage stage. Women who have multiple miscarriages commonly report different degrees of pain experienced every time.

5. The sense of emotional loss, however, is universal. A miscarriage is a sudden unexpected loss of life. It shatters your hopes for children and fills you with doubts about the future. Sadly, you have to say “goodbye” before you get the opportunity to say “hello”.

6. Some people find it easier than others to express their feelings during times of distress. We believe that expressing those feelings to each other is an important part of getting through the crisis and promoting growth in your own relationship.

7. For the man, he needs to be aware that grieving is a necessary part of the healing process. Over time, we adjust to the normal routine of life after a personal tragedy. It is not a weakness for a man to feel sadness and show emotion.

8. Because we lack effective methods of treatment for miscarriage, it is easy to become angry with doctors and medicine as a whole.

9. In general, be discerning when you receive medical advice, ask questions about your medical care. Avoid drugs whenever possible during pregnancy, and when in doubt obtain other medical opinions.

10. Friends, especially those with a personal experience of miscarriage, are often major sources of support. Sharing the physical as well as the emotional details seems to validate some of the emotions.
11. Some of us find great help and comfort in our own families. In some cases families can offer comfort and care that others cannot.

12. In families who already have children, at the time of the miscarriage, explaining the condition of the mother is essential. Children are aware, if only intuitively, that some disturbing event has occurred. They deserve some clarification appropriate to their ages. Additionally, sharing the experience with the whole family can be more supportive to the grieving parents.

13. The doctor who cares for us medically can be a very important source of advice and information. It is important to try to select someone who can deal with the emotional as well as the clinical aspects of miscarriage.
EMOTIONS YOU GO THROUGH

1. Anger - Why me? Other women succeed effortlessly, what happens to you seems completely unfair.

2. Disappointment, your hopes and excitement are crushed.

3. There is often a reaction of pity from outsiders which you dislike.

4. Guilt, did I neglect nutrition or rest? Was I too anxious? etc.

5. Physical fear is part of every woman's experience.

6. Feeling sad or depressed for weeks or even months after a miscarriage seems to be the norm. Many women say they were unable to get over their feelings of sadness until they were pregnant again. When we miscarry, our body’s hormonal balance changes as abruptly as it does after childbirth. Hence, we experience a rollercoaster of emotions with none of the usual rewards. There is no baby, no happy visitors showering us with gifts and attention, no approval, no fun.

7. Many women experience guilt, continuing to look back for months after they have miscarried, looking for some probable cause in their own behaviour just prior to the miscarriage. Some blame medical staff, feeling they could have done more. In general, there is no cause and it is nothing you have or have not done.

8. There comes a time when there is a sense of relief, that you have come out of the experience alive and that you can try to become pregnant again. You may feel guilt at starting to feel happy again. Don’t be surprised if, after a period of relief, you find yourself once again depressed, angry or sad.

9. For some, the period of adjustment goes on for many years whilst for others it is much shorter. There is no right or wrong interval, after which you adjust to your emotional feelings. All of us are different. About the best you can do is to be open to your needs and the needs of those close to you. If you need outside help, seek it openly.

Remember the emotional aspect of the miscarriage is probably the most difficult.
Allow yourself all the time you need to heal.
YOUR PARTNER’S EMOTIONS

1. The events in the hospital are very difficult for men. They often feel powerless and frustrated at a time when they want to be strong for their loved ones.

2. Men should accept that it is normal to feel many intense emotions after the miscarriage including disbelief, blame, sadness, anger, frustration and guilt.

3. Adjusting to the loss takes time. It is acceptable for men to feel the emotional effects of the miscarriage for weeks and often months afterwards. There is a common series of events that people go through in the grieving process. This does not often happen quickly.

4. Men sometimes blame their partner for the miscarriage (and vice-versa). Both need to accept that neither of them is to blame for the miscarriage.

5. Guilty feelings may arrive after the miscarriage, especially about sexual relations during pregnancy. There is no scientific evidence that links sexual intercourse or any kind of love making during pregnancy to miscarriage.

6. Differences in the way that men and women express their emotions may cause tensions in the relationship. It is important for men to be open about their feelings so that their partner understands that they too have suffered a loss. If you find that you are arguing about many things with your partner, it is time to seek professional counselling. Avoid allowing the issue of the miscarriage to become the focus for all the problems in your relationship.

7. Most women seem to want to talk to their men about what has happened. They want to share their sadness aloud and to be reassured of their partner’s love. They want to relieve their guilt feelings and talk about the future of their relationship. Men want this too but find it difficult to initiate the talk.
AFTER A MISCARRIAGE

Your Physical Health

Bleeding: This should decrease in seven to 10 days. If it does not, or becomes heavier or smells offensive, contact your GP or midwife. Keep using sanitary towels, not tampons, until it stops.

Breasts: Your breasts may be tender for several days and depending on how many weeks pregnant you were, they may leak milk. Wear a supportive bra until your breasts are comfortable.

Periods: Generally, if you have a regular cycle, this will return in four to six weeks.

Sex: You need two to three weeks for your body to recover, then it depends how you and your partner feel - it can take time to be interested again. Be loving and understanding about how you both feel.

Fatigue: You may feel tired for a couple of weeks and if so, it is advisable to rest. Contact your G.P. if you need advice.

Your Emotional Health

Miscarriage can shake you and your partner and you will probably experience ups and downs. Some people adjust quickly, others take a long time. You will find the number of 'good' days slowly increases but a memory or an anniversary can bring it all back to you. Everyone experiences different feelings which can include anger, frustration, despair and bitterness. Some women cry a lot, which may release some of the pain and tension, while some men find it hard to talk about their feelings. You may both have different ways of coping so be understanding and make sure you have plenty of time together.

If you want to talk to someone who has been through miscarriage and will listen to you, contact the Miscarriage Association, or talk to your GP, midwife or health visitor about your feelings.

Your Baby

You may want to know the sex of your baby - before three months this is impossible to see but after three months babies are more developed. If you have a query, talk to your midwife or GP.

Your Family

If you have other children they may be bewildered at what is happening. If they knew you were pregnant, explain simply what has happened to your baby. Children can get frightened when their parents are distressed and unhappy so it is important
to give them time and attention and stick to familiar routines. Your parents may also be very upset for you. It can help to talk to them.

**Your Friends**
Many people find one of the hardest things after a miscarriage is meeting people again. You may find you can talk easily to some friends and that they understand or share your feelings. Others may seem not to care and even avoid you - it may be because they are uncomfortable with death and frightened to ask how you feel or say how sorry they are.
HELPING A FRIEND OVERCOME A MISCARRIAGE

Friends can be most helpful at a time like this. You don't have to say anything. Just be there, willing to listen. Many women need to talk over and over about their experience of miscarriage and fear that people will tire of the repetition. Let your concern be genuine. Don't be afraid to openly talk about the baby and the mother's feelings of loss.

Be there for her. Try to be there for the father also. He may seem to be preoccupied with his partner’s health but remember that he has lost his baby too.

Allow them to express their feelings even if you differ from their opinions. Allow them to talk about the baby they have lost as often as they need to. The loss of their tiny baby needs to be acknowledged. Try to remember that their future has been altered and this can be very difficult to come to terms with. Help out with the shopping etc. without taking over. Practical help can be badly needed.

Give more attention to other children who may be in the family. Time alone for the couple can be precious. Do not avoid the couple because you are uncomfortable. Try to be in tune with their needs, be it for silence or talk.

Stick with the conversation. Don't change it. You have no idea how they feel unless you have experienced a similar loss.

Never say "You can try for another child" or "You're young yet, you have plenty of time." Assuming they can have another child, it could never replace the baby they have just lost. You may think how lucky they are to have other children - keep it to yourself. Children are not interchangeable.

Do not rush "the back to normal" routine. Very often it is months later when a woman reaches rock bottom. When most people think she should be well on the road to recovery, it is often the worst time for her and a time when she needs most support.

As with any form of bereavement there is no time limit on the grieving process and recovery.
NORMAL PREGNANCY AFTER MISCARRIAGE

1. Invest time and effort in choosing an obstetrician or midwife who is right for you. Be open about all the emotional, medical and financial issues that are important to you in the area of your own pregnancy before you agree to be that person’s patient.

2. It is common to feel anxious about your pregnancy if you have had a prior miscarriage or miscarriages. If you are worried, depressed or frightened during pregnancy, seek professional help so that you can work out your feelings.

3. The Miscarriage Association provides support during subsequent pregnancies.
MISCARRIAGE IN THE PAST

To have lost your baby a long time ago does not take away the memories, pain and hurt you remember.

Babies lost in the past were sadly supposed to be forgotten in the false hope that to erase these babies from people’s memories would take away the pain from the parents also. How wrong this was - for when a woman loses her baby time may heal the pain but will never erase the memories. Memories are precious and should always be treasured.

You may have carried a lot of guilt, sadness, anger and frustration at having miscarried your baby and then having to try to get on with your life as if nothing had happened.

Being told that maybe it was a blessing or God's will was not very helpful and if anything added to the anger and pain of losing your baby.

You would not have had mementoes such as scan pictures or, if your baby was lost later in the pregnancy, photos of your baby. Maybe, if you had ever been able to talk openly about your baby, the grief could have been acknowledged and eased.

It is never too late to do this. Most people nowadays would not find it strange to hear how hard it must have been for you to get on with life after your miscarriage and how, most women, if only to close friends, would count these babies in when discussing how many children they have.

Sadly, some men found it really difficult to understand how deep their partner’s love could be for their unborn child so in their lack of understanding were of little or no comfort. On the other hand, some men openly showed emotion at their loss. Couples could be there for each other on days when it seemed to hurt most, e.g. the baby's due date or the anniversary.

The Miscarriage Association is there to listen to anyone who has lost their baby. Don't be afraid to get in touch no matter how long you have been bereaved.

Sometimes to talking to others who have suffered miscarriage can be of great help.
IDEAS TO REMEMBER YOUR BABY

Many of us who have lost our babies through miscarriage have no mementoes to hold onto and treasure and it can sometimes seem like our baby didn't exist outside our own bodies, hearts and minds. Sometimes we need something physical or tangible to cling on to. Many of us who have had early miscarriage will have no grave to visit, no baby things already purchased - clothes, toys - many may not even have an ultrasound scan picture.

Aside from the Remembrance Book or Remembrance Certificates, you may like to have your own personal memories to have and to treasure. Some ways we can honour the memory of our baby could be by, keeping cards that people send following the loss of your baby; finding a nice poem or verse and framing it and put it on your wall; plant a flower or tree in your garden. If you don't have a garden, how about a window box or a house-plant. Think ahead, though, if you are planting something in your garden in memory of your baby. Even for the most green-fingered among us some plants or trees will die, be prepared if this happens to try another one, perhaps get some advice from a garden-centre. Also think about what will happen in the future if you were to move house. Would you be prepared to leave that tree or plant behind or would it be possible to take it with you?

Make a new date in the calendar, by planning a special day to honour your baby, whether that is for their anniversary, due date or any special days. Some people like to visit one of our Memorial Stones. Others may plan a quiet day with their partner or close family in a special place to them - perhaps the seaside or in the country. You could light a candle or place flowers in the water of a running stream, release a balloon into the sky, whatever you feel would make it a special time to be quiet with the thoughts of your baby. Sometimes it’s nice to go into a church or a spiritual place, even if you aren't at all religious. You can sit there in the peace and serenity, away from the daily hustle and bustle, and be alone with your thoughts.

Some people like to buy a special piece of jewellery which they wear in remembrance of their baby, a bracelet, pendant or ring. There are sites on the internet where you can buy (fairly inexpensive) specially made pieces of jewellery with your baby's name engraved on them or with their birth stone.

At Christmas time it's nice to place a special ornament or decoration on your tree for your baby.
As well the option to make an entry in The Miscarriage Association’s Book of Remembrance, there is also available, our logo as a pin, bookmarks and baby Remembrance Blessings which could provide some comfort at the loss of your baby in providing something physical to have for your memory box. (See more detail under – Support provided by the Miscarriage Association.)
SUPPORT PROVIDED BY THE MISCARRIAGE ASSOCIATION

Support available is provided by:

- Telephone
- Email
- Group Meetings
- Service of Remembrance
- Website and Facebook Page
- Information Book
- Other ways to remember your baby – Bookmarks, Baby Remembrance Blessings, Logo pin
- Book of Remembrance
- Memorial Stones
- Baby Wraps

TELEPHONE SUPPORT

We offer telephone support to all those who have lost a baby through miscarriage or who know someone who has lost a baby. Throughout the year there is a member on call between 10 am to 12 noon and another member on call from 8pm to 10pm, Monday to Friday. As we are a voluntary organisation, at times resources are limited and we may not always be available to take your call.

If you cannot make contact with the member on call, you can leave a message for us, giving your name and number and a time that would be suitable to call you. We will then return your call as soon as possible. We will require your permission in order to call you back so please do leave a message.

Nobody should feel alone. There is support available and a listening ear at the other end of the telephone line. A list of phone numbers of those on call is available on our website www.miscarriage.ie or call Carmichael Centre on Tel: 01 873 5737.
EMAIL SUPPORT

If you find it difficult to talk to someone directly, we have email support available. Please send your questions/queries or story to info@miscarriage.ie and a committee member will reply within a reasonable time frame.

SUPPORT GROUP MEETINGS

Our monthly support meeting takes place on the first Thursday of each month at 8pm - 9.30pm (approx.) in Buswells Hotel, Molesworth Street, Dublin 2 (opposite Leinster House).

Anyone who has lost a baby through miscarriage is most welcome to attend. Partners, a family member and/or a friend are also welcome. Two committee members facilitate the meeting and it is a safe place where people can talk, in confidence, about the loss of their baby. People are under no obligation to talk at the meeting and can find great comfort simply by listening to others talk about their own experience.

We bring our Book of Remembrance to our meetings in March, June, September and December - you may make an entry personally at those meetings.
OUR SERVICE OF REMEMBRANCE

We hold a Service of Remembrance each year on the second Sunday in November in St. Theresa’s Church, Donore Avenue, S.C.R. Dublin, 8. It is a very special occasion and a chance to share an experience with others who have suffered the loss of a child. It is a time to remember and if possible come to terms with our own personal loss. It is also a time to recognise that for a time, however short, we had the privilege of sharing a relationship with our child. This little life had a meaning and it is necessary for us to give attention to this existence.

We extend a very warm welcome to all regardless of how recent or long ago it is since you lost your baby. Refreshments are available afterwards in the church to give people the opportunity to have a chat with others attending the service.

*Our Book of Remembrance is also available on that day.*

WEBSITE AND FACEBOOK PAGE

There is a lot of useful information on our website [www.miscarriage.ie](http://www.miscarriage.ie)
We also have a Facebook Page: [www.facebook.com/miscarriage.ie](http://www.facebook.com/miscarriage.ie)

INFORMATION BOOK

This book is printed on a regular basis to distribute to hospitals/clinics so it is available as a source of information to women and their partners when they have experienced a miscarriage. It is also available to download from our website.
OTHER WAYS TO REMEMBER YOUR BABY

Bookmarks:

The Association has printed 6 different bookmarks, with words of comfort to remember all the babies lost through miscarriage. See our website www.miscarriage.ie for pictures of the bookmarks currently available.

Baby Remembrance Blessings:

The Association has produced a beautiful cream card with a choice of two verses to remember your baby: “Your life was short, yet very precious” or “Rock them gently Lord, our sons and daughters…” There is space to enter the baby’s name and date to remember.

Our Logo available as a pin:

Our beautiful logo, the family tree, with the falling leaf is available as a pin. This is a lovely memento to wear on your coat or have for your memory box.

If you would like to receive any of the above mementos, please just email info@miscarriage.ie with your name and address.
OUR BOOK OF REMEMBRANCE

The Miscarriage Association of Ireland have a specially commissioned Book of Remembrance in which to commemorate babies lost through miscarriage. To lose your baby through miscarriage can mean you have little or nothing to mark the presence of the baby in your life. A big fear can be that other people will forget your baby because you only have memories and no mementoes. Having this book will change that for recently or long ago bereaved.

A separate entry may be made for each baby. The baby's name, date to remember (date the baby died or date baby was due to be born), and who the baby is remembered by may be entered in the Book together with special thoughts. The special thoughts might be a sentence or a verse of a poem written in memory of the baby.

Those who make entries into the book will be given a Remembrance Certificate showing the page their baby's record is entered on so that in the future other family members will be able to access the information. This means that these precious babies can be included in the family tree.

Those who are not able to complete the Book in person may use the copy of a page of the Book at the back of this booklet. When they complete this and return it to us, we will place their entries in the Book and forward them a Remembrance Certificate.

PLEASE REMEMBER TO PRINT YOUR NAME AND ADDRESS ON THE BACK OF THE COPY SO WE CAN SEND ON YOUR REMEMBRANCE CERTIFICATE.

The Book of Remembrance will be on display at any event where the Miscarriage Association of Ireland is represented.
MEMORIAL STONES

For all people united in the loss of a child, whether the loss was recent or long ago – all are welcome to this special place...

The Miscarriage Association of Ireland to date, October 2016, has placed eleven Memorial Stones. These stones are dedicated to all babies lost before, during and after birth.

Many parents of miscarried infants return on a regular basis to the burial plot of their little babies. Some babies have their own resting place in a family plot or grave, but there are some babies who only got to share our lives briefly - and they do not. Sadly, a great many of these infants are buried in communal graves without individual markers. This is particularly so for babies buried in earlier decades.

We know from contact with countless numbers of parents that they would like to have a permanent feature to commemorate their lost infant; a nice peaceful place to visit, where they could spend some quiet time in reflection and remember. It was this demand that brought about our Memorial Stone initiative.

It is our aim to place Memorial Stones in as many locations around the country as possible. If you are interested in getting a Memorial Stone placed in a cemetery near you and are in a position to liaise with the cemetery or churchyard, regarding placement of the stone, please contact us and we will be happy to discuss further.

Memorial Stone in the grounds of
St. Theresa’s Church, Donore Avenue, Dublin 8
Our Memorial Stones are at the following locations to date – August 2016.

Glasnevin Cemetery
Our first Memorial Stone was placed in the Holy Angel’s Plot, Glasnevin Cemetery, Dublin 11 in November 1999. In Spring 2001, the Miscarriage Association of Ireland also placed two memorial seats, where people could sit and reflect, while visiting the cemetery.

Deansgrange Cemetery
Our second Memorial Stone was placed in the Plot of the Angels, Deansgrange Cemetery on Saturday 11th October, 2008.

St. Theresa’s Church, Donore Avenue, Dublin 8.
On Sunday 9th November 2008 following our annual Service of Remembrance, our third Memorial Stone was unveiled and dedicated to all babies lost before, during and after birth in the grounds of St. Theresa’s Church, Donore Avenue, Dublin 8. This marked the 20th anniversary of the establishment of The Miscarriage Association of Ireland.

St. Michael’s Cemetery
Our fourth Memorial Stone, first outside Dublin, was placed in St. Michael’s Cemetery, Athy, Co. Kildare in April 2009. This stone was officially dedicated following the Cemetery Mass on Wednesday 17th June 2009.

Redford Cemetery
On Sunday 7th November 2010, our fifth Memorial Stone was officially unveiled and dedicated, following a memorial ceremony in Redford Cemetery, Greystones, Co. Wicklow.

Church of Our Lady and Saint Joseph, Caragh, Naas
Following a special prayer service, on Friday 11th November 2011, our sixth Memorial Stone was unveiled and blessed in the church grounds of Our Lady and Saint Joseph, Caragh, Naas, Co. Kildare.

Fingal Cemetery
Our seventh Memorial Stone was placed in Fingal Cemetery, North Co. Dublin in December 2011 and was officially dedicated to all babies lost before, during and after birth at the Annual Cemetery Mass on Sunday 24th June 2012.

The Church of St. MacCullin, Lusk, North Co. Dublin
Our eighth Memorial Stone which is placed in the church grounds of St. MacCullin’s, Lusk, was officially unveiled and blessed following a Service of Remembrance at 3pm on Sunday 24th June 2012.

Holy Spirit Parish Church, Ballymun, Dublin 9.
Our ninth Memorial Stone was unveiled and dedicated in the church grounds of the Holy Spirit, Ballymun following a Memorial Service at 3pm on Sunday 16th September 2012.

St. Kieran’s Cemetery, Kilkenny
Our tenth Memorial Stone was unveiled and dedicated following a Memorial Service at 2pm in St. Kieran’s Cemetery, Kilkenny on Saturday 29th September 2012.

St. Patrick’s Cemetery, Clonmel, Co. Tipperary
Our eleventh Memorial Stone was unveiled and dedicated following a Blessing Service at 3pm on Sunday 19th July 2015 in St. Patrick’s Cemetery, Clonmel, Co. Tipperary.
BABY WRAPS

The Miscarriage Association of Ireland designed and commissioned a supply of Baby Wraps to be distributed to all maternity hospitals countrywide. This was in response to a request to provide a fitting covering for miscarried babies. The project was undertaken by the Miscarriage Association of Ireland to meet the needs of hospital staff when presenting deceased infants to parents, thus allowing parents the opportunity to hold their baby in a dignified manner.

In appearance the wraps are similar to a baby towel with a hood incorporated in one corner. The material used is a soft, cream fleece, edged with cream satin binding. There is a small cream bow on the front. The wrap can be folded around the baby in whatever is deemed a suitable manner. Two sizes, “Tiny” and “Little” are produced. The adaptable nature of the wraps allows nursing staff to conceal or reveal as much of the baby’s body as they feel is appropriate. The “Tiny Wrap” is suitable for “early miscarriage” and the “Little Wrap” is suitable for “late miscarriage.”

Grieving parents frequently request a second Baby Wrap, one to remain with the baby and the other to be retained by the parents.

Hospitals have been provided with the details of the supplier of the Baby Wraps so they can continue to supply them in the future.
BOOKS ON MISCARRIAGE

- Talking about Miscarriage by Sarah Murphy, Sheldon Press (1992)
- Our Stories of Miscarriage: Healing with Words by Rachel Faldet (1997)
- Miscarriage: What Every Woman Needs to Know by Lesley Regan (2001)
- Miscarriage & Stillbirth the Changing Response by Bruce Pierce (Veritas) (2003)
- Pink for a Girl by Isla McGuckin (2006)
- About what was lost: Twenty writers on Miscarriage, healing and Hope by Jessica Berger Gross (2006)
- "We Lost Our Baby: One Couple's Story of Miscarriage and Its Aftermath" by Siobhán O’Neill - White & David White (2007)

BOOKS ON PLANNING FUTURE PREGNANCIES

- Getting Pregnant & Staying Pregnant by Diana Raab (1999)
- Getting Pregnant - How to improve your chances of a healthy conception by Anne Charlish (2002)
- Fertility & Conception - The complete guide to getting pregnant by Zita West (Dorling Kindersley) 2002
- The Irish Pregnancy Book by Dr. Peter Boylan (2005)
RELATED WEBSITES  Bereavement Support – Pregnancy Loss

A Little Lifetime Foundation
Formerly - Irish Stillbirth and Neonatal Death Society.
18 Orion Business Campus, Rosemount Business Park, Ballycoolin,
Blanchardstown, Dublin. Tel: (01) 882 9030. E-mail: info@alittlelifetime.ie
Web: www.isands.ie

Féileacáin - Stillbirth and Neonatal Death Association of Ireland
Tel: 085-249 6464. E-mail: info@feileacain.ie Web: www.feileacain.ie

Ectopic Pregnancy Ireland
Support and information for all who have been affected by ectopic pregnancy
Carmichael House, North Brunswick Street, Dublin 7.
Telephone No. 089 436 5742. Email: info@ectopicireland.ie
Web: www.ectopicireland.ie

Anam Cara
Anam Cara Parent Bereavement Support group supports patents and families on
the loss of a child.
HCL House, Second Avenue, Cookstown Industrial Estate, Tallaght, Dublin, 24.
Telephone No. 01 404 5378, Mobile 085 288 8888, Email: info@anamcara.ie
Web: http://www.anamcara.ie/

United Kingdom Miscarriage Association
Providing Miscarriage Support and Information in the United Kingdom and
Northern Ireland.
Web: http://www.miscarriageassociation.org.uk

The Ectopic Pregnancy Trust (EPT)
To raise awareness of ectopic pregnancies amongst women of childbearing age,
the medical profession and the general public.
The EPT, PO Box 70187, London WC 1A 9JD, United Kingdom.
Telephone: 0044 2077332653. Email: ept@ectopic.org.uk
Web: www.ectopic.org.uk

The Ectopic Pregnancy Foundation
The Ectopic Pregnancy Foundation (EPF) has been established with the aim of
improving the care of women with a diagnosis, or possible diagnosis, of ectopic
pregnancy. Patient Helpline: +44 (0) 845 070 4636. Contact us: info@theepf.org
Web: www.ectopicpregnancy.co.uk

Tommys - Information and support on miscarriage
http://www.tommys.org/pregnancy-information/pregnancy-complications/miscarriage
INFERTILITY AND ADOPTION

NISIG - National Infertility and Support & Information Group
Infertility can be an isolating experience. You are not alone
Telephone: 087 787 5058 (anytime) - Confidentiality is assured
P.O. Box 131, Togher, Cork. Email: info@nisigireland.com
Web: www.nisig.com

The Adoption Authority of Ireland
Responsible for registering and supervising the Registered Adoption Societies and for maintaining the Adoption Societies Register. The Adoption Authority of Ireland is also responsible for granting declarations of eligibility and suitability to prospective adopters in advance of their adopting abroad and for maintaining the Register of Foreign Adoptions in which details of inter-country adoptions are entered.
Shelbourne House, Shelbourne Road, Dublin 4. Telephone: (01) 230 9300
E-mail: adoptioninfo@aai.gov.ie
Web: www.aai.gov.ie
HOSPITALS

National Maternity Hospital
Caring for women prior to, during and after childbirth as well as providing a full range of gynaecological services.
Holles Street, Dublin 2. Telephone: (01) 637 3100.
Web: www.nmh.ie

The Coombe Women's Hospital
The hospital provides an extensive women's healthcare service in Ireland, with more than seven thousand babies born here each year, an extensive pre- and post-natal programme for parents, expert care for sick and premature babies from all over the country, and the largest gynaecological service in Ireland.
Coombe Women's Hospital, Dublin 8. Telephone: (01) 408 5200.
Web: www.coombe.ie

Rotunda Hospital
Providing maternity services to women and their families for hundreds of years. General gynaecology, infertility service, menopause clinic, colposcopy clinic and early pregnancy loss clinic.
The Rotunda Hospital, Dublin 1. Telephone: (01) 8171700.
Web: www.rotunda.ie

Cork University Maternity Hospital
CUMH opened in March 2007 and involved the amalgamation of maternity services from Erinville Hospital, St. Finbarr’s Maternity Hospital, Bon Secours Maternity Unit and Gynaecology services from Cork University Hospital.
Web: www.cuh.hse.ie

St Mary's Recurrent Miscarriage Unit
More than 1,000 couples are treated annually at the Recurrent Miscarriage Clinic (RMC), the largest referral unit of its kind in Europe and part of the obstetrics and gynaecology service at St Mary's.
Winston Churchill Wing, St Mary's Hospital, Praed Street, Paddington, London W2 1NY, United Kingdom. Telephone 0044 2033 121 323
Website: www.imperial.nhs.uk/services/maternity
DEPRESSION

Samaritans
Whatever you are going through, whether you think it is big or small, you don’t have to bottle it up.
4-5 Ushers Court, Ushers Quay, Dublin, 8.
Telephone: 1850 60 90 90 / (01) 671 0071. Email: jo@samaritans.org
Web: www.dublinsamaritans.ie
Web: www.samaritans.org

AWARE - Helping to defeat Depression
72 Lower Leeson Street, Dublin, 2. Telephone: (01) 661 7211.
Helpline 1890 303 302 E-mail: info@aware.ie
Web: www.aware.ie

OTHER WEBSITES

AIMS Ireland Association for Improvements in the Maternity Services Ireland
To highlight and campaign for normal birth and mother-friendly birth practices in Ireland and provide information, research & support.
Email: support@aimsireland.com and info@aimsireland.com
Web: www.aimsireland.com

Health Service Executive
The HSE is responsible for providing health and personal social services to everyone living in Ireland.
Email: info@hse.ie
Web: www.hse.ie

Carmichael Centre for Voluntary Groups
Carmichael Centre is the first, largest and busiest shared facility for charities in Ireland.
North Brunswick Street, Dublin 7
Web: www.carmichaelcentre.ie
AGENCIES

Tusla - Child and Family Agency

The Committee of The Miscarriage Association of Ireland is extremely grateful for the ongoing support received from Tusla. Without this the Association would be unable to offer the much needed support that is as necessary today as it was when the Association was founded over 25 years ago (September 1988).

Carmichael Centre

The Miscarriage Association of Ireland has as its headquarters the Carmichael Centre for Voluntary Groups. Along with many other voluntary organisations, we use the Centre as a base for correspondence, telephone contact referrals and occasional meetings. We also have the availability of a shared-desk facility. There are 46 resident member charities located in Carmichael Centre and hundreds of external organisations who access services and supports.

Please note that the Association does not have personnel on-site on a permanent basis, please check our website for details of support group meetings and telephone support.

Carmichael Centre for Voluntary Groups was officially opened in November 1990. Today Carmichael Centre offers support and services to many voluntary groups and organisations throughout Ireland. It is the first and largest shared services centre for the voluntary and community sector in Ireland. Carmichael Centre also delivers a broad range of training and consultancy to not-for-profit organisations.

The late Kate O’Sullivan Director and founder was the driving force behind the establishment of Carmichael Centre. Kate was a pioneer providing affordable shared services for the voluntary sector. Many organisations including the Miscarriage Association of Ireland owe her a great debt of gratitude.

Today, Diarmuid O Corrbui continues in Kate’s footsteps raising awareness and offering services to the Voluntary Sector. He and his dedicated staff are committed to meeting the challenges of our times. See website for more information
Web: www.carmichaelcentre.ie
The Miscarriage Association of Ireland is a charitable organisation (Registered Charity Number CHY9738) run by people who have all experienced miscarriage. We give our time and services voluntarily and our funds are used for the production and distribution of information. We are always in need of money to enable us to continue this work.

May I ask you to consider becoming a member/renew your annual subscription. Members receive a Newsletter twice a year. If you cannot afford the subscription a contribution would be greatly appreciated

Thank You
Treasurer

Membership/Renewal Form

Annual Subscription €15

I/We enclose Cheque/Postal Order (made payable to the Miscarriage Association of Ireland) for €15 as Membership Subscription for the year 20____.

NAME ____________________________________________

ADDRESS ____________________________________________

_____________________________________________________

TELEPHONE __________________________________________

EMAIL ______________________________________________

Would you like future mail to be forwarded by email only? Yes ☐ No ☐

New Member ☐ Renewal ☐ Donation ☐ (Please tick appropriate box)