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You are invited to learn with me,  
how to survive after pregnancy & infant loss.

Please see the attached suggestions for support  
during this time.

www.stillbirthday.com



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*A Few Suggestions*

Hug me and tell me I am loved.

Please do not offer reasons for my baby's death,  
or ways I should think of this as a good thing.  
Ask me about my own authentic meaning to this experience.

Please remember I am a mother who has just given birth.  
I have physical needs I may not be attentive to,  
including staying hydrated, rested, and nourished.

Please visit for more guidance:  
[www.stillbirthday.com/familyfriends](http://www.stillbirthday.com/familyfriends)  
*A pregnancy loss is still a birthday.*



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