



To Parents and Families

On behalf of the Jackson County Fetal and Infant Mortality Review program (FIMR), please accept our heartfelt condolences and deepest sympathy to you and your family upon the loss of your child. The loss of any infant in our community affects us all.

The FIMR Program provides support to parents and families whose lives have been affected by the tragic death of a child or loss of a pregnancy. We can provide:

- *Support needed for emotional, physical, spiritual and social healing,*
- *Referrals to resources needed immediately after a death, and*
- *Information and emotional support to help deal with grief and other emotions following the death of a baby.*

Some of the Answers Being Sought

Often, the causes of infant death are unknown and occur when parents and doctors have done all the “right” things.

The question is “why”?

- *What causes or contributes to infant death?*
- *What leads to very low birth weight or illness in babies?*
- *Can anything be done to make a difference in the future?*
- *Are there enough medical care services and providers for mothers and babies?*
- *How can community care be improved?*
- *What most affects a pregnant woman and/or her baby’s health?*
- *Are there barriers in your community that prevent women and infants from receiving appropriate care?*

Your Help Is Needed

The FIMR Program attempts to learn more about the causes and factors related to infant deaths. This information helps local agencies improve or develop better services to address the needs of women, infants, and families.

We interview mothers and families who have recently experienced the loss of a baby during pregnancy or infancy who are open to sharing their story.

As a parent only you can tell us your story and what your experiences with medical and social service providers were like.

Your story helps us examine existing services for infants, pregnant women, and families and understand what services families need and how successful they are at getting them.

Your participation is voluntary but parents who have participated in an interview often say that it was a positive experience. It honors their baby’s short life as well as the memory of their child.

Taking Care of Yourself

Taking care of yourself is important. This experience may be overwhelming for the whole family and at times you may feel alone. Here are some suggestions for taking care of you:

Sleep: *Give yourself plenty of time to rest. Grief is emotionally and physically draining.*

Exercise: *Take walks or exercise frequently. Physical activity can reduce stress and give you time to gather your thoughts.*

Talk with others: *Consider seeking out others through church, family or friends.*

Cry, cry, and cry: *Tears are very healing. You don't have to cry in front of others, however a friend's company may be comforting.*

Honor your feelings: *Embrace your emotions. They may range from anger to sorrow to hope; everyone reacts differently.*

Don't expect to "get over it:" *You will begin to experience happy times again in your life, but probably will never "get over it". It is a gradual and gentle acceptance that happens over time.*

When to Call

If you have experienced the death of a baby either during pregnancy or after the birth or up to one year of age, whatever the cause, please call us. We will arrange to visit you as soon as possible.

All services are free of charge and include:

*Home visits
Emotional Support
Resources and Referrals
Maternal Interview*

***For more information call:
Cindy Wolfinger, BSN, RN, CPN
FIMR Coordinator
(517) 768-1672***



***LifeWays Community Mental
Health Crisis Line:
1-800-284-8288***

***LifeWays Community Mental
Health Access Center:
1-517-789-1200***

***National Crisis Text Line
Text "HOME" to 741741***



Infant Bereavement

*Family Support Following
the Death of an Infant and
Working to Change
the Future for
Michigan Babies*