

Where can I get more information?

There are many organizations available to provide support during this difficult time. Here you can find some of them:

NUBESMA: Association for the Support of Gestational and Neonatal Grief in Valencia. www.nubesma.org. Phone: 644713832

Umamanita: Support for perinatal and neonatal death. www.umamanita.es

Pregnancy and Infant Loss Support. www.nationalshrae.org

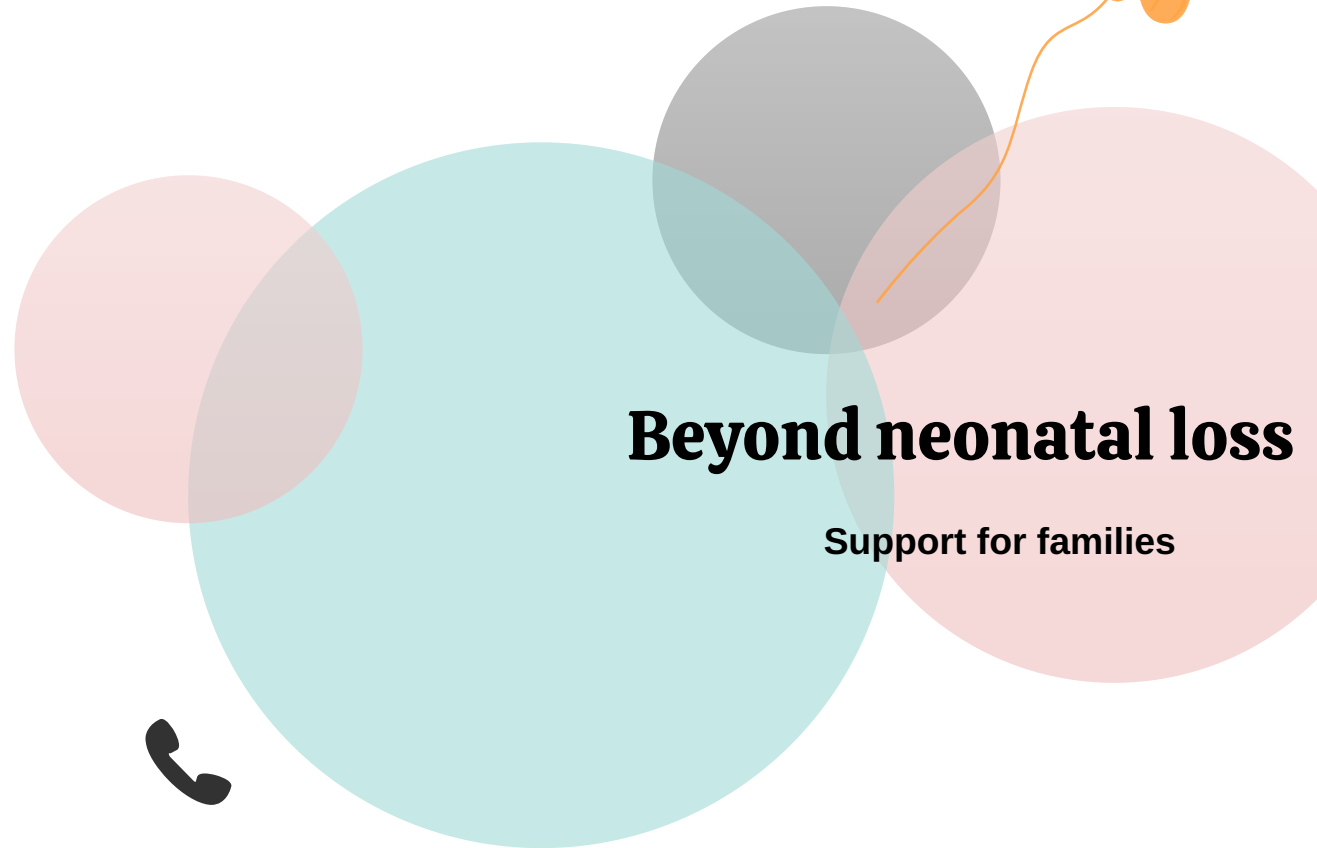
Recommended readings:

These books have helped other families like yours

-Volver a Vivir. Diario del primer año después de la muerte de un hijo. Mercè Castro

-Palabras que consuelan. Mercè Castro.

-La hora de violeta. Sergio del Molino



Beyond neonatal loss

Support for families

Hospital Universitari i Politècnic La Fe

Av. Fernando Abril Martorell, 106

Valencia (España)

Teléfono: 961 244 000

SAIP: 961 244 347

Registro Civil: 961 244 332

Servicio de Neonatología: 961 245 686

Banco de Leche: 961 245 680

From the Neonatology Unit of La Fe Hospital, we are really sorry about your loss and we are at your service for anything you may need.

The aim of this brochure is to help you in the next steps that need to be accomplished and answer some of the questions that may arise.

Memory box

The memory box is intended to help you remember your child with small objects and ease the grieving process. Please, do not hesitate to tell us if there is any particular memory you may want to keep.



Grief

Death at any stage of life is considered a great loss. Each person faces grief in a different way and requires it's time to recover emotionally and psychologically. It is really common to deal with many feelings such as pain, anger, guilt, confusion or fear. Therefore, in some cases, it may be necessary to receive psychological support.

The psychologist from the Neonatology Unit will get in touch to offer their help and guide you through the grieving process. You may also request psychological support through your Primary Care doctor, if necessary.

First days

There is legal paperwork that needs to be sorted, such as registering the baby in the Civil Registry. You can receive more information about it by going to the Social Services of this hospital.

A member of the Neonatology Service will call you to make an appointment, in which the clinical report of your baby will be delivered and explained, as well as the results of pending tests and, if applicable, the preliminary results of the autopsy.

In case of an autopsy, the final results may take several months, so they will contact you again to deliver the final report.

This information can be delivered by mail or personally, but we usually recommend you to come the hospital to answer questions more closely.

The family

The loss of a relative causes an emotional impact on children, especially in the case of siblings, who will also experience their grief, so it is advisable to allow them to share and express it freely.

Breastfeeding

If you were breastfeeding your child, you will receive information from the healthcare staff on the steps you need to follow. You can also contact the Milk Bank of this Hospital.

