

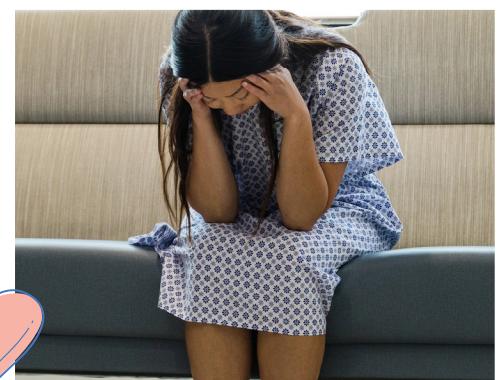
Your Mind, Body, & Spirit Caring for Yourself After Pregnancy & Infant Loss

WIC offers our deepest sympathy to you and your family during this emotional time.

Please know you are not alone. Support and resources are available to help you heal and take care of your mind, body, and spirit as you recover from pregnancy loss.

Emotional Health

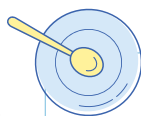
- Grief can feel overwhelming at times. If you feel this way, you are not alone. Working through grief is a process and your feelings will change over time. If these feelings become too much, talk to your healthcare provider.
- Talking with other people who have lost a baby may help you through this time. Consider attending a support group to help you in the healing process.



Nutrition

When you are grieving, you may not feel hungry or have much of an appetite. Try the following tips to get the good nutrition your body needs to heal and to help you feel better.

- ✓ Set a timer to remind yourself to eat small, regular meals.
- ✓ Keep healthy, easy snack foods on hand, like cheese, carrots, grapes, etc.
- ✓ Make foods that look and smell good.
- ✓ Take a multivitamin.



WIC PROVIDES FOOD WITH THE NUTRITION YOUR BODY NEEDS TO RECOVER

Protein



Protein in eggs, peanut butter, and beans help your body rebuild and repair.

Iron



Iron in beans, lentils, and cereal helps keep your blood healthy and can improve energy levels.

Vitamins and Minerals



Vitamins and minerals from fruits and vegetables aid swift healing.

Calcium

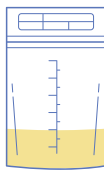


Calcium in milk, cheese, and yogurt help keep your bones and teeth healthy and strong.

Lactation

While it may be a difficult reminder of your loss, it's important to know your body may still make milk. You can choose to pump and donate your human milk to other babies in need, or you can take steps to suppress your milk. A lactation consultant or your healthcare provider can help.

WIC provides breast pumps to qualified bereaved mothers. Contact your local WIC Clinic for assistance.



The Oklahoma Mothers' Milk Bank (OMMB) accepts human milk donations to help vulnerable babies receive the nutrition they need.

To learn more or find a drop off location, visit:
okmilkbank.org/bereavement-program/

Resources

- ✓ **Share Pregnancy & Infant Loss Support**
The National Share office hosts weekly online group chats that are free of charge.
Learn more and connect by visiting:
nationalshare.org/online-support/
- ✓ **Parents Responding to Infant Death Experience (PRIDE)**
Health Plex Hospital
3300 Healthplex Parkway
Norman, OK 73072
Call [405-515-3520](tel:405-515-3520) and leave voicemail regarding PRIDE services.
- ✓ **Calm Waters**
Pregnancy Loss, Infant Loss, and Infertility
Call [405-841-4800](tel:405-841-4800) or email info@calmwaters.org.
www.calmwaters.org/our-services/grief-support-groups/
- ✓ **Butterfly Wings**
445 Fairview Ave
Ponca City, OK 74601
[580-762-9102](tel:580-762-9102)
www.hospiceofnorthcentraloklahoma.org/
- ✓ **MEND**
5401 S. Harvard Ave
Tulsa, OK 74135
[918-694-4325](tel:918-694-4325) or cat@mend.org
www.mend.org/
- ✓ **The Compassionate Friends**
Online support for parents, grandparents, and siblings grieving the death of a child.
www.compassionatefriends.org/find-support/online-communities/online-support/
- ✓ **Oklahoma SIDS Program**
Oklahoma State Department of Health
Maternal and Child Health Service
123 Robert S. Kerr Ave, Ste. 1702
Oklahoma City, OK 73102-6406
[1-405-426-8113](tel:1-405-426-8113) or MCH@health.ok.gov

