

# Notes

## **Chapter 1: When Your World Comes Crashing Down**

1. Merriam-Webster's, s.v. "survive," <https://www.merriam-webster.com/dictionary/survive>.
2. English-Word Information, s.v. "survivor," <https://wordinfo.info/unit/2318/page:4>.
3. Psalm 30:5 (NKJV).

## **Chapter 2: Grieving the Loss of a Baby You Never Knew**

1. Guttmacher Institute, Fact Sheet, "Induced Abortion in the United States," September 2019, <https://www.guttmacher.org/fact-sheet/induced-abortion-united-states>.
2. Guttmacher Institute, Fact Sheet, "Global Incidence and Trends," March 2018, <https://www.guttmacher.org/fact-sheet/induced-abortion-worldwide>.
3. John 14:27 (ESV)
4. EMDR Institute Inc., <https://www.emdr.com>.
5. Brainspotting, <https://brainspotting.com>.
6. "Sand Tray Therapy," GoodTherapy, last updated August 6, 2019, <https://www.goodtherapy.org/learn-about-therapy/types/sand-tray-sand-play-therapy>.
7. American Art Therapy Association, <https://arttherapy.org>.
8. American Music Therapy Association, <https://www.musictherapy.org>.

9. Good Therapy, Equine-Assisted Therapy, <https://www.goodtherapy.org/learn-about-therapy/types/equine-assisted-therapy>.
10. First Thessalonians 4:13 (ESV).

### **Chapter 3: Our Journey**

1. Create a log of your baby's movements or use a kick count app. Monitor at a similar time each night once you are twenty-eight weeks gestation. Document how many movements you count in an hour. Ideally, you should detect an average of ten definite movements in two hours. Babies sleep, and there may be times in the day when you feel little or no movement. If you do not detect ten movements after two hours, go in to Labor and Delivery to receive an NST (Non-Stress Test) where they can monitor your baby's heartbeat, movements, and detect if you are having any contractions.
2. Case Report in *Obstetrics and Gynecology*. 2012; 2012: 308206, doi: 10.1155/2012/308206, PMID: 23243528, Velamentous Cord Insertion in a Singleton Pregnancy: An Obscure Cause of Emergency Cesarean—A Case Report, “Velamentous cord insertion (VCI) is an abnormal cord insertion (CI) in which the umbilical vessels diverge as they traverse between the amnion and chorion before reaching the placenta. Because of the lack of protection from Wharton's jelly, these vessels are prone to compression and rupture,” November 29, 2012, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3517836>.

### **Chapter 4: Loving Your Mate Well in the Midst of Grief**

1. Proverbs 18:21 (ESV).

### **Chapter 5: For Friends of the Grieving: How You Can Help—and Hurt**

1. Adapted from “Helpful and Hurtful Things People Say and Do,” GRACE Resource Folder, Missing GRACE Foundation.

### **Chapter 8: These Shoes Don't Fit, but You Can't Take Them Off**

1. Psalm 23:4 (ESV).