



The Center for Infant & Child Loss

The Empty Arms Project provides a packet to newly bereaved parents upon leaving the emergency room. The packet contains a cuddly bear with the Center's toll-free number, and a card giving suggestions for coping in the next few hours and days following their child's death. These bears have been provided to 27 hospital emergency rooms across Maryland.



Center For Infant & Child Loss
Your child has died...

What Now?
This bear comes with information to help you and your family in the next few hours, days and weeks ahead.

Things To Do

- Call a funeral home – available 24 hours a day 7 days a week
Funeral home personnel will assist with arrangements, and provide comfort and support during this difficult time
- Participate, as much as you are able, in the funeral preparations
- Contact
 - Clergy
 - Employer
 - Center for Infant & Child Loss: Center Staff will attempt to contact you in the first few days

Remember
You will need your energy to cope in the next few days and weeks

- Drink plenty of water
- Sleep and eat as you are able
- Take a short walk or do deep breathing to relax

Center For Infant & Child Loss
800.808.7437 (SIDS)
email - caring@infantandchildloss.org
www.infantandchildloss.org

Center for Infant & Child Loss is Maryland's bereavement resource for families facing the sudden and unexpected death of their infant or child. Located at the University of Maryland School of Medicine, the Center serves families across the State.