

# OUR NEST OF SUPPORT

For the 1 in 4 families walking the journey of pregnancy and infant loss

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three little birds  
PREGNANCY & INFANT LOSS SUPPORT



[Threelittlebirdspregnancy.org](https://threelittlebirdspregnancy.org)



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2016 Year founded

250+ Families served

10 Clinicians trained

15 Volunteer bereavement doulas

## Serving families in:

- PA (Philadelphia, Montgomery, Bucks and Delaware Counties)
- NJ (Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester and Salem Counties)

## Experiencing:

- Miscarriage
- Stillbirth
- Neonatal loss
- SIDS/SUIDS
- Pregnancy after loss
- Uncertain/life-limiting diagnosis
- Infertility/Secondary infertility
- Termination for medical reasons
- LGBTQIA family building advocacy



Click the here to make a tax-deductible donation to support our mission. We are 100% volunteer run/donation based!



Below is an overview of our programs and services:

- *Palliative Care Support Program* - For the 2% of pregnancies that receive a life-limiting or uncertain fetal diagnosis, we provide resources, free services (3D/4D ultrasounds and maternity portraiture), birth planning support and bedside support services to facilitate memory making, bonding and infant remembrance portraiture.
- *Bereavement Doula Services* - For families experiencing stillbirth or NICU loss, we dispatch certified/trained doulas to support families bedside and provide bonding, memory making and photography. When families are discharged and return home, we have a nest of peer-led support waiting for them at our office in Blackwood, NJ. This space allows us to offer a variety of support that fits the schedules, cultural/religious needs and allows for parents/couples to connect with others walking similar journeys. Families are also able to request personal consultations if the thought of attending a support group is overwhelming.
- *Pregnancy After Loss Mentorship Program* - For our families who continue their family building journey after loss, we offer weekly meeting support (families come when they need - but they know we are always open/there). This also includes discounts for reassurance 3D/4D ultrasound scans, specialized maternity and newborn portraiture that honors the baby who passed away as well as books and other support materials mamas need as they navigate this exciting but stressful time. Starting in 2023, we will be hosting Parenting After Loss/Postpartum Support Group so our parents also can benefit from our support in the first year after loss.
- *Awareness and Outreach events* - Three Little Birds hosts several one-of-a-kind events that focus on bringing awareness and outreach to our mission, as well as supporting the events of our community partners/other local non-profits with shared missions in the family building community. We truly believe collaboration in our community is the key to making sure every family has access to compassionate and informed resources so they can feel empowered in their journey and decision making.
- *Perinatal Bereavement Training Program for Medical Professionals and Advocates* - Equally important to our mission is serving the medical professionals that support families bedside as they give birth to the impossible/unthinkable. This six-week hybrid training program provides five weeks of virtual content covering all topics including effective communication, ways to encourage bonding and facilitate memory making as well as self-care. This program is also provided for advocates (loss parents, mental health professionals, birth workers, etc.) so that they can also provide support to patients/clients experiencing perinatal loss. In 2023, we will be expanding this program to support social workers, sonographers, OBGYN offices and ER clinicians. Our program was even highlighted on KYW News Radio!
- *Legacy Project Program* - We offer our families \$100 (no cash value) toward the launch of a legacy project or event in memory of their baby. This provides an avenue for healing not just for the parents but their loved ones who may be struggling to support them. Several legacy project support fundraising for us by using their talents and compassion. Other legacy events have brought in more than \$15,000 in donations in their baby's memory that are used to facilitate the mission of Three Little Birds. More important than the funds raised is the healing and connections that are made for and with our families in creating a safe space for others walking similar journeys.
- *Sibling Support* - Three Little Birds has authored a sibling grief support book titled, *Remembering Baby Bird*, which gently explains to young children (siblings, cousins, friends) in gentle terms about the grief their parents are experiencing. This book has become a best seller and we offer three additional versions: Spanish and LGBTQ versions (Mom/Mama and Dad/Papa). Available on Etsy.com