



Empty Arms: Coping With Miscarriage, Stillbirth and Infant Death

By Sherokee Ilse



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Empty Arms is written for *Surviving the First Hours and Beyond*

Revised and updated! This classic book is one of the first given to newly bereaved parents to offer guidance in decision-making after their baby's death and to assist caregivers as they support families. Empty Arms encourages families to meet their babies and say hello before rushing to say goodbye. With compassion that comes from Sherokee and David's experience of having lived through the death of their son Brennan, the book offers guidance and practical suggestions for the decision-making at the time (including why and how one might see, hold, and memorialize one's baby) and over time (such as how to handle such times as anniversaries, holidays and the birth of other babies in the parents' close circle.)

Family and friends can learn how to understand the loss and be supportive of the bereaved families.

It offers ongoing support about subjects such as returning to work or to life, couple grieving, surviving children, feeling guilty, having another child or not, and feeling lonely.

With over 300,000 in print, this book touches the hearts of families at the time of their loss and over time as they heal.

An excellent bibliography and resource section are included.

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Empty Arms: Coping With Miscarriage, Stillbirth and Infant Death By Sherokee Ilse Bibliography

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Editorial Review

Review

I wish the hospital had given me Empty Arms to read immediately; instead I finally found it and opened it a month later. If someone had read it to me right then, especially the section 'Decisions You Might Face Right Away,' my regrets would have been so much less. Sherokee's gentle words and advice could have guided us to make better decisions after Bryce died and would have informed us of options that we didn't even know about. Her comforting messages touched us, and we felt less alone and crazy during our grief journey. -- --Lori Martini, bereaved mom/stillbirth advocate

Thank you for your lovely book, which we were given before our baby was even delivered. It gave us the courage to make the hard decisions that proved to be the medicine to mend our broken hearts. -- --Debbie Crippen

This book was a tremendous inspiration to my patients. I feel you have done a great service to bereaved parents --Stephen Larson, M.D., Ob-Gyn
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About the Author

Sherokee Ilse has had many personal experiences with loss which motivated her to reach out to others to aid them in their grief work. She has suffered a miscarriage, full term stillbirth, and an ectopic pregnancy and has two living children. Sherokee helped create a national non-profit organization which she directed for ten years, authored many books including her most popular one, Empty Arms (over 300,000 in print) and has served as a bereavement support professional, a consultant, and international trainer for over 27 years.

A guest on Oprah, Donohue and many other radio and television shows, she continues her mission to promote compassion, understanding, and excellent care for these special families.

Users Review

From reader reviews:

Garnet Veach:

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Sandra Byrom:

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