

Coming to terms with the loss of your baby.

How we can help you at this
difficult time in your life?



“I can’t believe that this has happened to me..... It shouldn’t have happened. I just feel so empty and broken. How will I cope?”

Finding out that your baby has died, at any stage of your pregnancy, can be overwhelming for you.

You will be coping not only with a sudden and shocking adjustment to your hopes and dreams but also the need to make difficult decisions quickly.

Feelings

You may experience shock, confusion, anger or intense sadness. The loss of your baby brings grief, which is a normal response and can be an extremely painful experience. Grief can come in waves but it is also a very individual experience and there is no ‘right’ or ‘wrong’ way to start to adjust to your tragic loss.

Time

With time and the support of family, friends and/or the community, you can begin to come to terms with what has happened and learn to live with your loss and grief.

Care and Support

Sometimes adjusting to life without your much-loved baby is more difficult.

It may be that the emotional pain feels too hard to bear. Or you may become fearful and isolated as you avoid situations or thoughts that remind you of your pregnancy or your baby, including intrusive memories or flashbacks.

Your mood may be so low that you find it difficult to manage everyday tasks, or even feel an ordinary range of other emotions because your anger, regret or pain have become all consuming. At times like these it is important to remember that you are not alone and professional support is available.

“Without the compassionate care and support of you all we don’t think we could have coped with such a devastating loss and hope for the future..... “

