



PREGNANCY LOSS



Feelings & Healing

“We are so afraid to get pregnant again.”

You started to buy baby books, pick out names, look at cribs and even spread your good news – you were expecting. But you were not expecting to lose that life that barely had a beginning. Yet 1 in 3 pregnancies end *before* the baby is able to live outside the woman’s body. Even more women go through the loss of pregnancy earlier, within weeks after conception – many without knowing they were pregnant. Reasons for pregnancy loss, including stillbirths and miscarriages, are not always clear.

What helps most people cope with a loss through miscarriage, is knowing that women have a 70% to 80% chance of carrying their next pregnancy to term.

Saying goodbye

Grief is what you go through to re-adjust your life to a loss. Many parents grieve about what the baby “could” have been like. But they can move on. And it takes time.

Women who become pregnant within 6 months of losing a baby can have a harder time with their grief. It may be natural to want to be pregnant again, but it takes time to deal with your feelings. Just as the excitement of pregnancy can be different for men and women, so can the reaction to the loss of the pregnancy. For some men the loss of a pregnancy can be especially difficult if the woman gets all the sympathy and support. Women might have more chances to share their

feelings of sadness and loss than men do. How we work through our feelings of loss is personal. Both partners need to be supportive and try to understand how the other is feeling and how their grieving can differ.

Feelings about pregnancy loss range from sadness, emptiness and loss of hope, to anger and blame. Though there is no clear medical reason to explain many pregnancy losses, parents may feel anxious and direct or accept blame for the event.

Second chances

Being ready for another pregnancy depends on many things – your health, your emotional recovery, your relationship and other issues. Both men and women can handle the fear and anxiety from pregnancy loss better as they learn and share more.

Whether pregnancy loss is from miscarriage or stillbirth, and whether it happened a long time ago or recently, both men and women need to deal with their feelings. They need to know when they are ready to move on – to get pregnant again, if at all. Answers are not always simple. Think about what is best for both of you. There is no right or wrong time to get pregnant again. Every couple is different.



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FOR ME	ARE YOUR ANSWERS IN SYNC OR DO YOU NEED MORE TIME?	FOR MY PARTNER
	Am I as ready as I think I can be to have another pregnancy?	
	Have I been able to honestly voice my feelings to my partner?	
	Do I think my partner and I are at the same place between ready and not ready?	
	Am I thinking about another pregnancy as a way of making my hurt go away?	
	Have I had a good chance to talk about the pregnancy loss with my health care provider?	
	Have my partner and I had a chance to talk about any new information?	
	I am not ready for another pregnancy – I have not dealt with the loss.	

Compare answers and see how “together” you are on your feelings.

Feelings of sadness are normal. Sometimes depression can occur. If you are noticing changes in your normal activities – eating, sleeping, sex, use of alcohol or drugs, or in your relationships or work – seek help. This is a time to take good care of yourself.

Grief is one of the hardest topics to talk about – especially as it relates to the loss of a baby. It is the loss many of us least expect and may be least prepared for. Talking to other women, family and friends, about their experiences with pregnancy loss may help you work through your grief. Remember you do not have to feel alone.

FOR HELP CLOSE TO HOME CONTACT:

Local public health unit: Call INFOLine at 1-800-268-1154 / 416-341-5518

Health care provider

Counsellor

Perinatal Bereavement Services: 1-888-301-PBSO(7276)