

**Last chance... and loss**



**Little Things & Co.**  
The baby bereavement charity



## If you have lost a baby and it was your last chance at parenthood it can feel like a double tragedy.

For some people the journey to pregnancy is not an easy one and conceiving has been a troublesome and difficult road to travel. If, finally you conceive, the feelings of elation can be amazing. The joy of realising your dream is overwhelming. If that pregnancy then ends, with the death of your baby, it can be a devastating blow to an already fraught experience.

For some people baby loss can be helped with the hope that they may go on to have another child. If you are someone who has come to the end of your parenting journey it can be a cruel blow and have a huge impact on your life.

Some people may go on to adopt or foster but for those who have no possible chance of becoming parents we are genuinely sorry you have reached this point. No words we can provide will ever help how you feel.

It is a cruel twist of fate to lose a child and then be denied the opportunity of having another. However, we have spoken to other families like yourself and with their help and advice, have created positive actions and thoughts to try and help you begin to rebuild.

### Things to do and to consider...

- Know that you are still a parent – not in the way you had planned but you are someone's mother or father. Your child is not here for you to parent in the way in which you wanted but you remain their parent forever. That can never be taken from you.
- You may find you need an outlet for your nurturing and caring instincts. A pet, such as a dog needs lots of attention and care and as a child, gives unconditional love in return. They also have wonderful instincts when it comes to a humans

mood. They are very receptive to atmosphere and seem to know just when we need love.

- Work on your relationship. It may be hard at first knowing that your relationship now will always be just the two of you. Once you acknowledge the dynamic you can then build on those foundations as a couple rather than the family as you planned. Ensure you are honest with one another about how you see life moving forward.
- Volunteer. You may find you want contact with children. Volunteering is a good way to give your care and nurturing to those who need you.
- Take control. It is quite normal for family members and friends to ask when you will be having a child or if you intend to try again. Some can offer fertility tips, advice and remark how it will 'one day be your turn'. If you go to them with the information and explain the circumstances it will not catch you off guard and you can

tackle the subject as and when you are ready.

- Do not be surprised if you feel a certain amount of relief. This is a normal emotion to feel. Many families explained although they were terribly sad they felt relief at not feeling 'like a failure' again. Sometimes when the path to parenting has been a long and exhausting one it is natural to feel relieved when you have come to a definite end. The limbo stage has passed, and you have a very clear outlook on what is happening, albeit not the one you had hoped for.
- Be honest with those around you. Be open that it is unfair and sad but out of your control. Sometimes you may feel as if you must manage their sadness. But focus on how you feel and concentrate only on yourself. Your energy is important to help you move forward. You should not be expected to manage another person's grief too.



- Find other people in similar situations to talk to. It can be a huge help to speak to others in the same situation, as they will know the specifics. Baby loss is devastating but your situation is unique and finding somewhere to be open and honest can help greatly.
- Be prepared to feel as if you have had another loss. The 'what could have been' is a cruel thought. It may be difficult for some to understand as there is no tangible loss, but it is very real. You may feel a sense of grief all over again.

- Be honest to those around you that if you have a living child you still wanted another, to complete your family. Having one child does not detract from the baby who died or your subsequent end of journey. Never let anyone take away what you are feeling.

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**We are so very sorry your journey has come to this end. However, you will always remain someone's parent. If you would like to discuss anything you have read here please do not hesitate to get in touch.**

**For more information:**

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