

# Miscarriage



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

**This leaflet is for anyone who has suffered the devastating loss of a miscarriage. We send you our heartfelt condolences.**

The term miscarriage refers officially to a baby born before 24 weeks. But regardless of the gestation you reached, miscarriage can be a devastating event in a family's life.

Miscarriage is a term that covers lots of different types of pregnancy loss including ectopic, molar and medical termination. Because the term miscarriage refers to a broad spectrum of baby loss – from conception up to 24 weeks, it can be a different experience for each person.

You may not have had any tangible remains of your child and your loss was discovered through a period. It could be that you got to nearly 24 weeks and then your baby died.

Irrespective of the gestation, as soon as you see the line on the pregnancy test you have become a parent. From that moment on your life will be forever changed, however the pregnancy is to end.

At Little Things and Co we believe that the loss of a much loved baby is devastating at any stage. We aim to make no comparisons. We acknowledge every type of loss. We must however, acknowledge the different situation you will be in, depending on at what stage your baby died.

*Here we break down those differences merely for practical reasons.*



**If your baby died before tangible remains were visible**

It is hard when there is no baby to see to quite comprehend exactly what has happened to you. If you found out you were pregnant and then suffered a miscarriage quite quickly you may feel a whirlwind of emotions. Shock and disbelief. Your life changed so quickly and you could feel dazed at what has just happened. This is understandable. Your life has been turned upside down and back again within weeks. It is a big event to happen to you, so allow yourself some time to process what has happened.

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**Things you may feel**

Shock – that you were pregnant and things have ended this way.

*This is perfectly understandable. Your world has been changed by events out of your control.*

Disbelief – that in such a short space of time things have changed so dramatically.

*Sometimes the time between discovering you are pregnant and suffering a miscarriage can be days. The whirlwind of events have happened so quickly it is usual to feel disbelief.*

Jealous – of other pregnant people or those with children.

*This is a normal reaction. Life can seem unfair after the loss of a baby and you may be wondering 'Why not me?'*

Guilty – you may feel as if the miscarriage was your fault.

*As the person who was pregnant it is understandable you may feel in some way responsible for the baby's death. However this was not your fault. Sometimes there really is no reason why a miscarriage happens.*

Unable to cope – at this point you may feel as if everyday life is very difficult to deal with.

*When a pregnancy ends in a miscarriage your world as you knew it can feel out of your control. Take small steps every day but do not rush yourself. Try to regain control of small aspects in your life which slowly will rebuild your self-esteem and you will begin to feel more in control.*

Angry – that this has happened and you did not get to say goodbye.

*This is a reasonable response. Life can be cruel and unfair. When a baby is so tiny we may not get to meet them in a physical sense, but there are ways we can help you to say goodbye. Please read below.*

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**Things to do**

Give yourself time to process what has happened. You have had a pregnancy and a subsequent loss. Be kind to your body and allow yourself the time to heal, both physically and emotionally. Do not rush into trying to conceive again.

Allow yourself time to grieve your loss and try to avoid putting pressure on yourself.

Talk to your partner. Be honest about how you are feeling and talk together about the loss and what you want to happen next.

Talk to others in the same situation. There are many support groups (including Safe Haven, our own support group) that will be on hand to listen.

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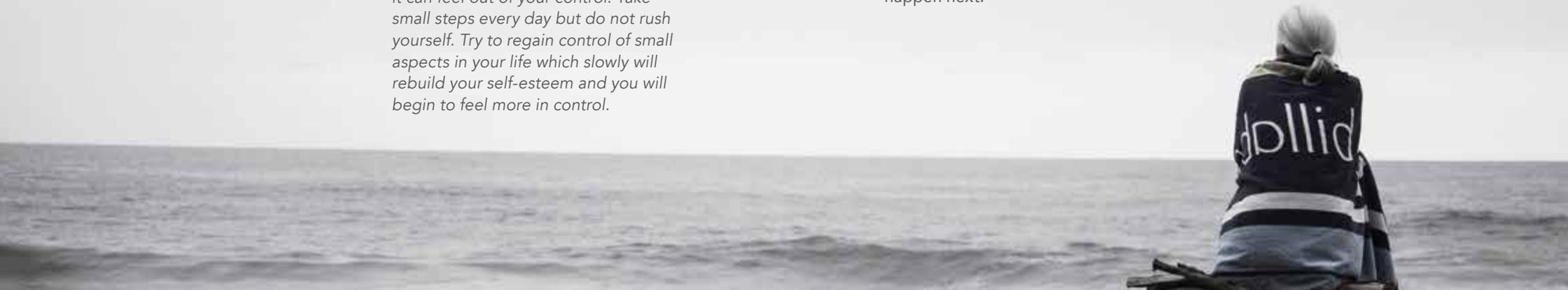
**How you can commemorate your child**

Place a pebble at Little Haven Memorial Garden to recognise, remember and acknowledge your baby.

Place a bauble on the Christmas tree at Little Haven Memorial Garden.

Give your child a name. This can help you when talking about your baby and acknowledging its very real existence.

Attend a service that specifically commemorates babies like yours. Get in touch with us to check which ones we recommend.



**If your baby died and there were tangible remains**

If you got to meet your child you may feel pleased you saw them but still very sad they have died. Seeing a real human being, however tiny, can make things all the more real and the loss very raw.

Guilty – you may feel as if the miscarriage was your fault.

*As the person who was pregnant it is understandable you may feel in some way responsible for the baby's death. However this was not your fault. Sometimes there really is no reason why a miscarriage happens.*

**Things you may feel**

Shock – that you were pregnant and things have ended this way.

Unable to cope – at this point you may feel as if everyday life is very difficult to deal with.

*This is perfectly understandable. Your world has been changed by events out of your control.*

*When a pregnancy ends in a miscarriage your world as you knew it can feel out of your control. Take small steps every day but do not rush yourself. Try to regain control of small aspects in your life which slowly will rebuild your self-esteem and you will begin to feel more in control. For example holding a funeral and making choices for your child can help you to regain some control.*

Disbelief – that in such a few months things have changed so dramatically.

*Sometimes the time between discovering you are pregnant and suffering a miscarriage can be very brief. The whirlwind of events have happened so quickly it is usual to feel disbelief.*

Angry – that this has happened. This is a reasonable response.

Jealous – of other pregnant people or those with children.

*Life can be cruel and unfair. Anger is a normal response to what you have experienced.*

*This is a normal reaction. Life can seem unfair after the loss of a baby and you may be wondering 'Why not me?'*

**Things to do**

Hold a funeral. A funeral can be held for a baby regardless of age. For many years a hospital would look after any remains, however now it is becoming more and more common for a child to have a funeral. This allows parents and family to say a final goodbye.

Spend time with your child, making memories. If applicable, take hand and footprints, dress your baby (ask us for more information) and take photographs. These very real items will help with the healing process.

Place a bauble on the Christmas tree at Little Haven Memorial Garden.

Give your child a name. This can help you when talking about your baby and acknowledging its very real existence.

Attend a service that specifically commemorates babies like yours. Get in touch with us to check which ones we recommend.

*For many years a miscarriage was deemed an 'act of nature' or 'meant to be. Regardless of your thoughts or anyone else's a pregnancy has ended and a baby has died. At Little Things & Co. believe that any loss (if the family wish) should be acknowledged. Every baby matters.*

**How you can commemorate your child**

Dress your baby in suitably sized clothing.

Hold a funeral and say goodbye.

Place a pebble at Little Haven Memorial Garden to recognise, remember and acknowledge your baby.

**If you would like to discuss anything you have read in this leaflet or you would like help with some of the services we have mentioned please do not hesitate to get in touch.**



This booklet has been prepared and sponsored by Little Things & Co. – The baby bereavement charity.

Little Things & Co. is a registered charity (1165463) who provide emotional and practical support to anyone suffering the loss of a baby.

Little Things & Co. believes the bereavement care after losing a child should be seamless, thoughtful and helpful.

If you would like to discuss anything you have read within this booklet please do not hesitate to get in touch.

To find out more about the work they do visit **[www.ltandco.org](http://www.ltandco.org)** or email **[info@ltandco.org](mailto:info@ltandco.org)**

