



Complex grief... after the loss of a baby

For us here at Little Things & Co. that means that the child existed, someone is affected by the loss and we acknowledge the hurt that comes with such grief.

Your grief is as important as any other and although feelings of guilt, anger and frustration can be prevalent it is important to separate the two issues. The first, that the circumstances surrounding your baby's death were not necessarily 'normal', and the second; that you have a child that died. Allow yourself the ability to grieve for the child and its innocence, regardless of the circumstances.

Please note we will also acknowledge 'Phantom pregnancy' – when Mum presents with pregnancy symptoms however no baby was ever conceived. Although no child ever 'died' it is a very real grief to those longing for and thinking they were pregnant. We will acknowledge and assist those affected by such a loss.

If you would like to find out more about how Little Things & Co. can help you to grieve for your 'complex grief' please do not hesitate to get in touch.

For more information:

E: info@ltandco.org

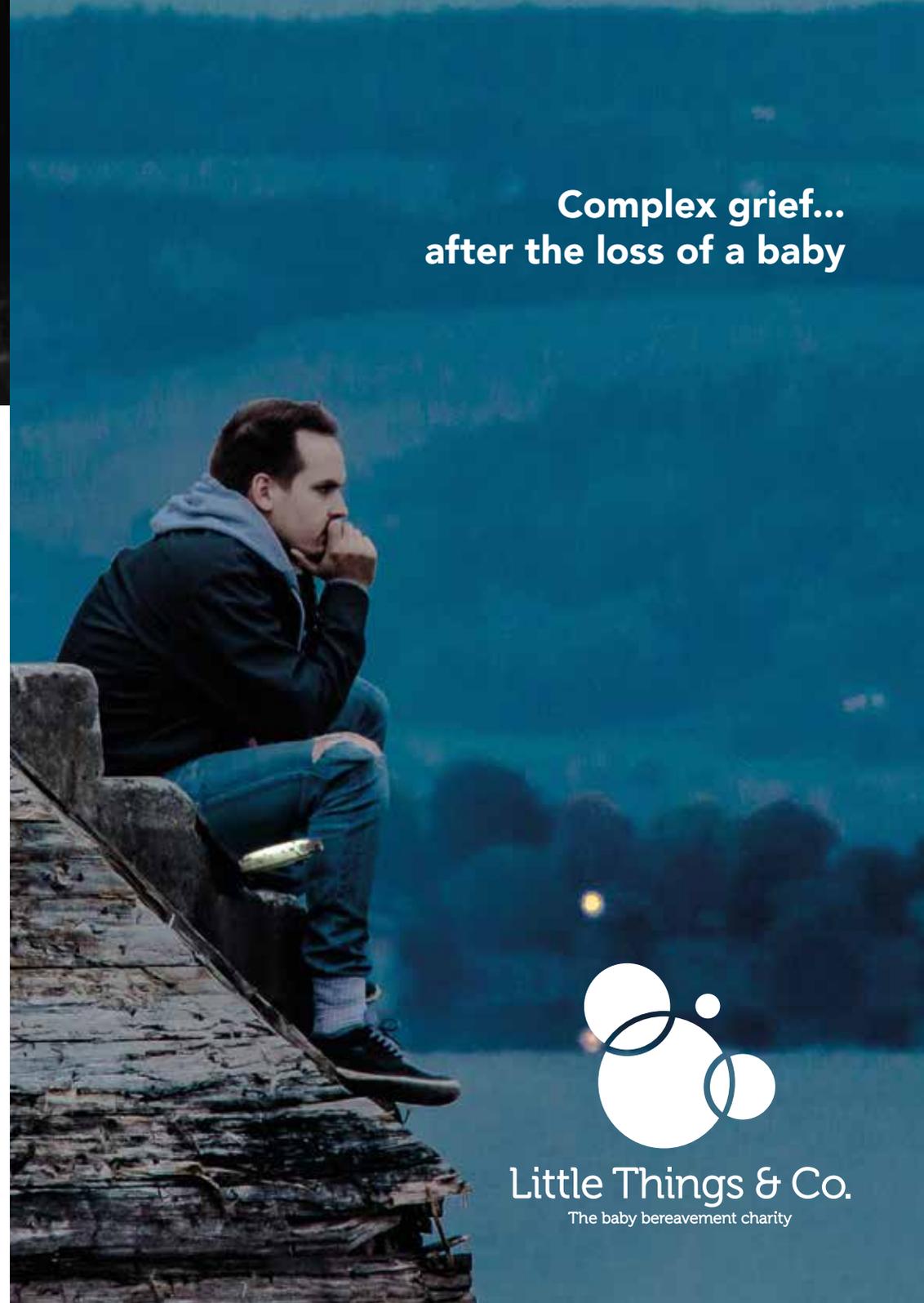
W: www.ltandco.org

Little Things & Co. CIO is a Charitable Incorporated Organisation registered in England and Wales.

Charity registration number: 1165463



Little Things & Co.
The baby bereavement charity



Little Things & Co.
The baby bereavement charity



After the loss of a baby we would assume that all grief is complex. What is more confusing than the death of a child? But if you are not part of a 'standard' family, have been subject to actions out of your control or you had to make difficult decisions, your grief can be even more confusing and difficult to process.

The death of a baby is one of the most tragic things a person can endure. And although 'normal' baby loss, when there are two loving parents and a wanted baby is heart-breaking, for some, this is compounded by 'out of the ordinary' circumstances.

This leaflet is not to give individual advice for each circumstance, but to acknowledge that all baby loss is just that – a loss.

Regardless of the circumstances, if a child died, it will inevitably cause a reaction.

This reaction can be different based on the individual circumstances, but we believe it should still be acknowledged. No one should make judgement and your grief is as valid as any other.

The following is not an exhaustive list, but some of the things that we would consider 'complex grief'.

- Fractured family situations – These can include separating with a partner during pregnancy or after the death of a child

Difficult family members

Other children with complex needs

- Pregnancy after a brief encounter – no long-term partner, a one night stand or affair
- Non-consensual conception – pregnancy after rape
- Medical termination – having to make impossible decisions if your baby has been diagnosed with a life-threatening illness
- Initial choices to end the pregnancy – If you originally

chose to have an abortion and then changed your mind

- Murder – if your child was murdered
- Multiple losses – if you have had more than one baby die
- Twin loss – if one or both of your babies has died
- Ectopic pregnancy – when a child is conceived but does not develop in the uterus

All the above situations are circumstances. But the overriding fact is that a child has died.

Regardless of how the child was conceived, how it came to die or the many issues that may surround its short life, the fact is your child died.