

# Postpartum Following Perinatal Loss

If you are navigating the loss of your unborn child, know that it is typical to feel overwhelmed- physically, mentally, and emotionally. Accordingly, it is difficult to be in a place to access the “logistical” part of your brain. It is also very difficult to know what questions to ask regarding an experience that no parent ever envisions navigating.

We are sorry for your loss, and we are hoping that these suggestions can make a very difficult time a little bit easier.

These guidelines are not meant to be all-inclusive, as the needs and preferences of each family are unique. However, we hope that this can help direct some options to help honor the life of your little one.

With love and care, Kelsey and Jane

## Physical Health

It is important that you allow time and space for physical healing and recovery. Taking time out of work will be helpful.

- Ask your care team what physical symptoms to expect
- Inquire about medications that may be prescribed and their side effects
- Your body will be adjusting to a significant drop in hormones
- It is possible that you will produce breast milk
- You may still look pregnant



# Mental Health

As you are struggling with your loss, it can be difficult to know what to tell others. Support groups and/or working with a therapist who is trained in perinatal loss can be very helpful. Be direct with friends and family regarding what you need during this time.

- How do you conceptualize the constellation of your family?
- What do you tell older siblings? What do you tell future siblings?
- How do you respond to general inquiries of “how many children do you have?”

# Emotional Health

Grief is unique, complex, and does not follow a predictable path. Sadly, society is not prepared to support grieving parents. This can be a difficult time for couples, as they have both experienced a shared loss, but may not have the same emotional experience. In addition, for heterosexual couples, men have received different messaging about the emotions tied to grief and sadness.

- Honor your emotions through a variety of channels (therapy, meditating, journaling)
- Honor the brief life of your little one (rituals, photos, jewelry, mementos)

## note

This guide is designed to help women, mothers and families navigate discussions about their needs. It is not intended to be a comprehensive guide or a replacement for therapy. If you are looking for additional information and support, please see our list of upcoming workshops or reach out to us.

If you are in need of immediate assistance, please contact 988 or 1-833-TLC-MAMA.