

# GRIEF AFTER PREGNANCY AND BABY LOSS

## A RESOURCE MAP



*We are sorry for your loss. We hope this information helps navigating this journey a little easier. Coping with grief after pregnancy and baby loss is a very personal experience, these are some of the resources that have helped others, we hope they may be of some help to you too.*

### WHAT TO EXPECT

There are many causes for the loss of a baby during pregnancy, birth or after. Whatever the cause, it is an experience that is incredibly distressing and can lead to intense feelings and reactions. Some of these responses are: sadness; anger; guilt; disbelief; feeling numb; irritability; and confusion. You may also experience physical symptoms like trouble sleeping; headaches; nausea or loss of appetite. Grief is a unique experience and everyone is different but, in time, the intense feelings lessen. In the mean time, be gentle with yourself; allow yourself time to express your emotions and seek professional help if needed.

### IMMEDIATE ISSUES

- **Red Nose** has a [booklet](#) that addresses many concerns, including immediate issues after the loss of a baby.
- **Barwon Health Maternity Unit** has a number of [fact sheets](#) on making funeral arrangements; physical health matters and considerations for creating memories, after the loss of a baby.
- **Geelong Cemeteries Trust** have a pregnancy and infant loss [memorial garden](#) where you can place a memorial leaf for you baby who died under 20 weeks.
- **Royal Women's Hospital** has [information](#) regarding legal matters, physical health matters and emotional health matters after the death of a baby.
- **Australian Funeral Directors Association** has a [website](#) with a range of useful resources when arranging a funeral.
- **Bereavement Assistance** provides [low cost funeral services](#) to Victorians who may not be able to afford a commercial funeral service.

### WHERE TO GET HELP - FACE TO FACE BEREAVEMENT SUPPORT

- **Hope Bereavement Care** offers free information, support and counselling (including support groups) for those grieving the death of a child, the sudden and unexpected death of an adult, and those experiencing loss after suicide.  
PH: (03) 4215 3358 E: [hope@bereavement.org.au](mailto:hope@bereavement.org.au)  
<https://www.bereavement.org.au>
- **Red Nose Grief and Loss** provides support for anyone affected by the death of a baby or young child, including face to face counselling; 24 Hour Bereavement Support Line; Peer Support; Information and Support Literature.  
PH: 1300 308 307  
<https://rednosegriefandloss.org.au/>



### WHERE TO GET HELP- TELEPHONE AND ONLINE SUPPORT

- **Sands/Red Nose Grief and Loss** offers live chat, email and facebook online services. as well as a 24/7 phone support line.  
PH: 1300 308 307  
<https://www.sands.org.au/>
- **Griefline** is a nationwide service providing free telephone and online support to people affected by grief and loss.  
PH: 1300 845 745 6am-midnight  
<https://griefline.org.au/>

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*Losing a baby during pregnancy, birth or afterwards can be devastating and overwhelming. Grief is a normal, natural response to this significant loss, but it can impact every part of our life, including our thoughts, behaviours, feelings, beliefs and our physical health. Everyone grieves in their own way and there is no right or wrong way to grieve.*

### MULTI CULTURAL RESOURCES

- **Sands** has a number of their [fact sheets](#) available in a range of languages other than English.
- **Aboriginal Health Council** has some [factsheets and videos](#) on grief and loss.



### CONNECTING WITH OTHERS WHO HAVE EXPERIENCED BABY LOSS

[Hope Bereavement Care](#) runs a number of support groups, early bereavement groups, peer led groups and other remembrance events where you can connect with other bereaved people.

[The Pink Elephants Support Network](#) has an online support group and peer support program.

[Sands](#) has online and face to face support meetings to meet with other bereaved parents.

[Grief in Common](#) has an online forum where you can connect with others who have experienced a similar loss.

### RESOURCES FOR CHILDREN

- [Hope Bereavement Care](#) Kids Grieve Too Program provides support, including groups for children who have been bereaved.
- [Red Nose Grief and Loss](#) has a number of articles regarding supporting your other children.
- [Sands](#) has a [factsheet](#) on understanding your child's grief experience and answering tricky questions.
- [Feel the Magic](#) provides Australia wide support to children and families who have been bereaved, including camps and a range of online resources.
- [National Centre for Childhood Grief](#) has a [booklet](#) with information about children and how they grieve.
- [Good Grief](#) has a grief [factsheet](#) for supporting children who are grieving.
- [The Dougy Centre](#) has a number of resources available on their website for children, teenagers and young adults.
- [Let's talk about grief](#) - is a video on explaining death to children.
- [ABC Play School](#) has an episode to watch "Beginnings and Endings" which covers new life and death.
- [Lifetimes](#) is a beautiful book about the life cycles of all living things.

### GENERAL RESOURCES

#### Websites:

- [Red Nose Grief and Loss](#)
- [Tommy's Grief and Loss](#)
- [Bears of Hope](#)
- [GriefLink](#)
- [The Compassionate Friends](#)
- [The Perinatal Loss Centre](#)
- [Better Health Channel](#)

#### Apps:

- [MyGrief App](#)

#### Blogs:

- [Scribbles and Crumbs](#)
- [Hannah Pontillo- Trying to navigate life after baby loss](#)

#### Grief Factsheets:

- [Sands](#)
- [MyGrief Assist](#)
- [Lifeline](#)

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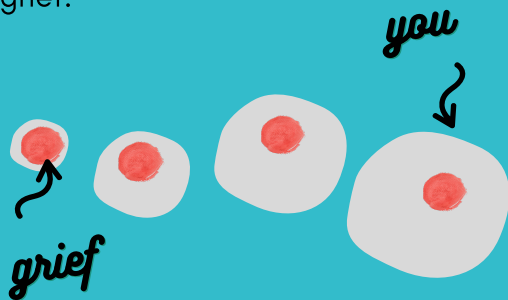


"Grief is a journey and there will be terrible days and more bearable days. Some people say that grief only comes where there is great love. Over time you will find a way to manage your grief and as hard as the experience is, know you are not alone"

Sands

### GROWING AROUND YOUR GRIEF

Grief doesn't have a timeline, instead it can ebb and flow. It is also a common myth that people "get over" grief. The reality is that, in time, the intensity of the pain will lessen, but the grief you feel about your baby's loss will remain a part of you. You won't return to "normal" but rather you will grow around your grief.



### SOMETHING TO LISTEN TO

- [The Glimmer Podcast](#) - a podcast for fellow grieving families who have suffered pregnancy and baby loss.
- [The Joyful Mourning](#) - conversations from real women as they share candidly about their own experience of baby loss.
- [Mamamia](#) - a collection of conversations with women who have experienced pregnancy and baby loss.
- [Baby Talk](#) - ABC - an episode on early pregnancy loss.
- [Confessions of a Grieving Mother](#) - a podcast to educate, support and break the stigma behind pregnancy and infant loss.
- [Time to Talk TFMR](#) - a podcast on grief after termination for medical reasons.
- [The mindfulness and grief podcast](#) - a series that features meditation teachers and grief professionals offering insights for coping with grief and life after loss.
- [David Kessler and Brené Brown on Grief and Finding Meaning](#) - David Kessler explains how to cope with grief following the unexpected loss of a loved one.

### SOMETHING TO WATCH

- [Losing a baby - Coming to Terms](#) a video where people discuss some of the things that were important to them in the time following their baby's death.
- [Red Nose Grief and Loss](#) has a number of videos of peoples personal stories.
- [The Baby Loss Series](#) - Tommy's - have 8 animations on grief and baby loss.
- [Fathers of Loss Series](#) - a series of 10 short videos filmed with dads who have lost a baby.
- [Myths and truths about grief](#) - Doris Zagdanski shares truths around some common myths about grief and grieving.
- [Men and Grief](#) - Grief specialist Craig Findlay talks about how men do their grieving.
- [We the Bereaved](#) - A Meditation on Grief - Short Film

### STRATEGIES TO HELP

Everyone is different, but some of these strategies may help:

- Take one day at a time
- Try not to make any major decisions in the early days
- Write a journal about your grief journey and feelings
- Write a letter to your baby, as a way of saying goodbye
- Commemorate your baby by creating a memory box, book or by planting a tree
- Develop rituals such as lighting a candle or listening to special music
- Do things that are relaxing like meditation, massage or going for a walk in nature.