



After a Miscarriage: Where to Turn for Support

Experiencing a miscarriage can leave parents feeling alone and devastated. No matter the stage of pregnancy, parents dream of the life they long to share with their child. The connection is very real and often minimized because their baby never lived. For the bereaved, the story of their baby's life, though short, will hold a place in their memory.

This type of grief can be complicated, depending on personal experiences. There is no right or wrong way to move through a miscarriage. Some people may feel better quickly and others it takes more time. The circumstances surrounding a miscarriage are often a significant factor in the healing process. Perhaps there have been other losses or miscarriages and the fear of miscarrying again or conceiving at all is a reality.

Some of the common feelings experienced after a miscarriage include:

- Sadness
- Shock
- Anger
- Jealousy
- Guilt
- Numbness

All feelings are okay. Finding ways to process through the myriad of emotions is important, as are connecting with good tools to mourn well. Finding supportive people can be key too, but also finding your own ways of bringing balance back into your world. Some people find exercise and physical movement very helpful, while others relish moments of prayer and meditation as ways to process their loss.

Support from friends and family can be vital, but it may be difficult for them to know how to be supportive. Often, less is more. Simply creating a safe space to listen and be present provides the greatest comfort. This loving support tells the bereaved that they are not alone and what they are feeling matters.

Words that may provide comfort, include:

- I'm very sorry your baby died.
- I can't imagine what you are feeling.
- I'm here to listen.

Words that might not be helpful include:

- Be thankful you have other children.
- It wasn't in God's plan.



- You're young, you can get pregnant again.

Providing tangible support is helpful too. "Can I help by mowing your lawn?" or "May I bring over a meal next week?" This is much better than telling someone, "Let me know if you need anything." Grieving a death is often overwhelming and trying to help others know how to be helpful can make the bereaved feel even more so.

Feeling overwhelmed by the emotions surrounding a miscarriage is normal, whether you have a great support system or not. Seeking outside support can be a great resource for healing. A peer support group or individual counseling can help you process through your miscarriage. Lory's Place is a grief healing and education center and a program of Caring Circle, that provide peer support group opportunities. To receive more information on their services please call 269-983-2707 or visit them online at www.lorysplace.org.