

## Miscarriage and infant loss

Once you've passed through the first three months of your pregnancy, the chance of loss is small. When it does happen, miscarriage or infant loss is very hard and often makes women and their families feel sad and alone. Please know that, if this happens to you, there are others who can help.

### Understanding pregnancy loss and grief

- If you miscarry or if your baby dies, it is important to understand that grief is normal and difficult.
- Grief can be both physically and emotionally exhausting. It is also unpredictable. Trust your feelings. The pain may be great and it is real.
- The grieving process takes time, and your emotions may range from anger to despair. Give yourself the time you need to mourn and accept what's happened.
- Certain triggers — such as a baby shower or seeing a new baby — may be hard for you to face. That's OK. Excuse yourself from difficult situations until you are ready to handle them.
- Everyone in the family will be affected by the death of your baby, and you will all grieve in different ways. This can be very hard on your relationships. Try not to expect your partner to grieve the same way you do. Give each other permission to experience this loss in your own way.

### What can help

You don't need to be alone during this difficult time. Here are some suggestions that may make your healing a little easier.

- Take it slow. Some days will be better than others. If you feel overwhelmed, focus on getting through one day at a time.

- Take care of yourself. Try to get enough rest, eat healthy foods and exercise.
- Find friends, family, neighbors and community members who are willing to listen. Tell them when you need their support.
- Join a support group. Sharing with others who have experienced loss can be comforting.
- Read books and search reliable Internet sites to find support, resources or medical information.
- Seek professional help to understand and cope with your feelings. The social worker or chaplain at your hospital can help you find support in your area.

For more information

#### **Babies First! Program grief support resources**

<https://public.health.oregon.gov/phd/ofh/mch/babiesfirst>  
971-673-0262

#### **Brief Encounters**

[www.briefencounters.org](http://www.briefencounters.org)  
503-699-8006

#### **The Compassionate Friends**

[www.tcfportland.org](http://www.tcfportland.org)  
503-248-0102

#### **Oregon 211info**

[211info.org](http://211info.org)  
Call 211 or 1-800-723-3638

#### **Willamette Valley Hospice Grief Support**

[www.wvh.org](http://www.wvh.org)  
503-588-3600