

Pregnancy after loss

What to expect and ways to move through your feelings



You don't have to do this alone

Pregnancy can be a challenge. Being pregnant after a miscarriage or a stillbirth may be even more difficult. If this is something that you are facing be aware supports are there for you and people are available to help.



Having a healthy pregnancy is possible.



If you have had two or more miscarriages, you have had "recurrent pregnancy loss."

85% of people who have experienced 1 pregnancy loss and nearly 75% who have experienced 2 or 3 losses will have successful and healthy pregnancies



More than a quarter of pregnancies end in miscarriage.

In the U.S., stillbirths occur every 6 per 1000 births

About 5% of people will experience 2 miscarriages. Less than 1% experience 3 or more

Potential challenges after a pregnancy loss



It is common to have feel intense grief with the next pregnancy. Some people may experience anxiety, depression, and PTSD which will need professional care.



You might be afraid to enjoy your pregnancy. Worry and doubt may arise. You may not want to celebrate this pregnancy as you did before.



Worry and doubt can lead to fear and panic. These may lead to more unscheduled visits with your obstetrician, midwife or even the emergency room.

Move beyond these challenges

Make this time easier and more joyful

- If you are going through this with a partner, check in with one another regularly to discuss how you are feeling and ways you can support each other
- Consider talking with your OB or midwife. Tell them what you may - or may not- find helpful during check-ups, visits or even labor and delivery.
- Look for a other people to connect with, so you have a community which better understands what you are feeling.
- Give yourself space to grieve and remember your loss. There is no right way to do this, so do what feels true to you.
- Consider talking to a counselor or mental healthcare professional. This may create a space to process and gain tools to cope with complex emotions
- Take care of your mind and body, and remember that self care is not selfish.



**Know that you are
courageous and strong**

Resources

Websites

Tommy's <https://www.tommys.org/pregnancy-information>

Pregnancy After Loss <https://pregnancyafterlosssupport.org/>

Apps

Pregnancy After Loss Support

Share- Baby Loss

Beauty Unnoticed

Books

Pregnancy After Loss: A day-by-day plan to reassure and comfort you
by Zoë Clark-Coates

Pregnancy After Loss Support: Love Letters to Moms Pregnant After
Loss by Emily Long and Lindsey M. Henke

Podcasts

The Worst Girl Gang Ever

Confessions of a Grieving Mother

Miscarriage Stories with Arden Cartrette

Sister's in Loss

Joyful Mourning

Life after Miscarriage



PEACE for MOMS

providing peace of mind for you and for your patient