More than a quarter of pregnancies end in miscarriage.

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

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.

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.

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

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.

V1.0 Abby Wilson, MSIV Emory University School of Medicine
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