
PREGNANCY LOSS SUPPORT GUIDE



FOR MOMS WALKING THROUGH MISCARRIAGE AND LOSS,
ALONG WITH THEIR PARTNERS, FAMILY MEMBERS, AND FRIENDS.

TO THE MOTHER,

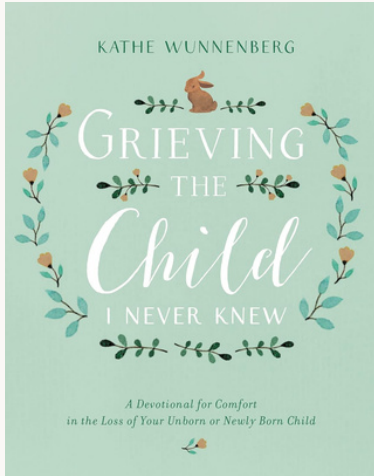
First of all, I wish you were reading this resource under different circumstances. My heart is breaking with you and for you as you walk this path of loss.

No matter how far along you were, you were holding and sustaining life, and now you aren't. There is a sting to that scenario—a loss that you need to allow yourself to feel and heal from.

While this resource may not take away the fact that you lost a life, I am confident that it will provide resources for you and your family to learn, heal, cope, mourn, and care for yourselves in a healthy way.

RESOURCE RECOMENDATIONS

BOOKS



Held

by Abby Wedgeworth

To Light Their Way (a few liturgies on loss)

by Kayla Craig

Grieving the Child I Never Knew

by Kathe Wunnenberg



I'll Hold You in Heaven

by Jack Hayford

BOOKS

For your child(ren) to better understand how to cope with what they may be feeling:

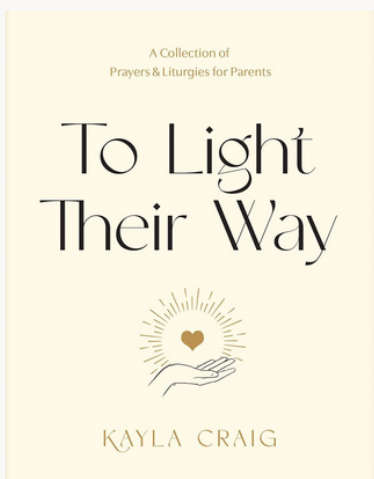
Everywhere Still

by M.H. Clark and Claire Sahara Lemp

The Duckling in Our Heart

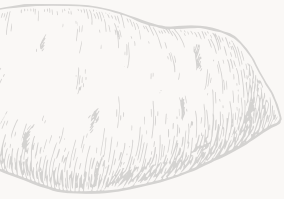
by Kara Mangum and Sandy Sanders

[A Database of Children's Books About Grief and Loss](#)



PODCASTS

The Birth Hour - Stories of Loss



FOODS TO NOURISH

During a miscarriage, focusing on nutrition is an act of gentle self-care amidst the overwhelming emotions. Nourishing your body with wholesome foods provides comfort and supports your physical well-being during this tender time. Eating small, frequent meals and staying hydrated can offer moments of solace and replenishment as you navigate through grief. Remember, taking care of yourself in this gentle way can be a soothing balm for your body and soul during this challenging journey.

PROTEINS

Protein helps maintain optimal insulin levels, balancing blood sugar. This is crucial for egg quality, fertility, and chances of conceiving. It also promotes progesterone production, which is an essential hormone in women's cycles and during pregnancy.

- Eggs
- Chicken
- Sausage
- Beef Liver
- Beans
- Lentils
- Greek Yogurt



CHOLINE AND FAT-SOLUBLE VITAMINS

Choline and fat-soluble vitamins, such as vitamins A, D, E, and K, are essential nutrients that support overall health during this delicate process. They play a crucial role in promoting cellular function, immune support, and tissue repair, offering valuable support for physical and emotional well-being during this time of healing and recovery.

- Eggs
- Raw Dairy
- Liver
- Salmon
- Broccoli
- Carrots
- Sweet Potatoes



FOODS TO NOURISH

MINERALS

Minerals play a vital role in supporting the body's functions during the delicate process of miscarriage. Essential minerals such as iron, zinc, and magnesium are particularly important for replenishing nutrient stores, supporting energy levels, and aiding in tissue repair, offering valuable support for overall well-being during this time of healing and recovery.

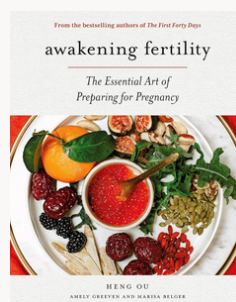
- Bone Broths / Soups
- Mineral Teas
 - Red Raspberry
 - Nettle
 - Red Clover
- Spinach/Swiss chard
- legumes
- Fish

IRON

Iron is essential during your recovery as it supports the body in replenishing red blood cells and maintaining energy levels. Adequate iron intake helps prevent or alleviate symptoms of fatigue and weakness, promoting overall well-being during this sensitive time.

- Leafy Greens
- Salmon
- Beans
- Lentils
- Beef

RESOURCES TO SUPPORT YOUR NUTRITION:



Awakening Fertility: The Essential Art of Preparing for Pregnancy
by Heng Ou (Author), Amely Greeven (Author), Marisa Belger (Author)

The First Forty Days: The Essential Art of Nourishing the New Mother
by Heng Ou (Author), Amely Greeven (Author), Marisa Belger (Author)

QUESTIONS TO CONSIDER ASKING YOUR PROVIDER

“What can I expect symptoms-wise? What is a normal amount of blood loss?”

- 1 It's understandable to seek clarity on what physical changes to anticipate after experiencing a miscarriage. Asking your provider about potential symptoms and normal blood loss can help provide reassurance and guidance during this sensitive time. Every individual's experience may vary, but having an idea of what to expect can help you navigate this process with greater understanding and preparedness.
-

“What can I do to support my cycle once I get it back?”

- 2 Following a miscarriage, it's common to wonder about ways to support your body's natural cycle as it returns to its normal rhythm. Asking your provider about supportive measures can be empowering and can offer a sense of agency in nurturing your physical and emotional well-being. Whether it involves dietary adjustments, lifestyle changes, or specific self-care practices, understanding how to support your cycle can be an important aspect of your healing journey.
-

“When is it safe to start trying again?”

- 3 Deciding when to try to conceive again after a miscarriage is a deeply personal and emotionally charged decision. Seeking guidance from your provider about the optimal timing for conception can offer valuable insights based on your individual circumstances. This conversation can help you weigh the physical and emotional factors involved, ensuring that you proceed with a plan that feels right for you and your partner.
-

“What are my options for passing the baby? Risks of each? Benefits of each?”

- 4 Facing the difficult decision of how to manage the passing of the baby after a miscarriage requires careful consideration of available options. Asking your provider about the different methods, along with their associated risks and benefits, can provide you with the information needed to make an informed choice aligned with your preferences and beliefs. This discussion can also offer emotional support as you navigate this aspect of the grieving process.
-

“Are there any tests or scans we can run to preventatively understand why this miscarriage may have happened and prevent another from happening?”

- 5 Seeking answers about the underlying causes of a miscarriage is a natural response to a deeply emotional and often confusing experience. Inquiring about potential tests or scans to understand why the miscarriage occurred can be a proactive step toward obtaining clarity and potentially preventing future miscarriages. Your provider can offer guidance on available diagnostic options, empowering you to make informed decisions about your reproductive health moving forward.
-

“I’M THINKING OF YOU” GIFT IDEAS



A cozy pajama/lounge set

A sentimental piece of jewelry (*MadebyMary is a great option*)

Support Book for Pregnancy Loss (*by Bodily*)

Care for Miscarriage Box (*by Bodily*)

Promptly Journals FREE Printable Miscarriage and Infertility
Books

Promptly “*My Miscarriage Journal*”

*“No one has ever become poor by giving”
-Anne Frank*

WHAT TO SAY

(AND WHAT NOT TO SAY)

It's crucial to be mindful of our words when supporting someone going through a miscarriage because our language can deeply impact their emotional well-being during such a sensitive time. Thoughtful communication involves offering empathy, validating their feelings, and avoiding platitudes or unintentionally hurtful remarks that may invalidate their grief. By being sensitive to their experience and choosing our words with care, we can provide the comfort and support they need as they navigate their grief journey.

HELPFUL:

- “I’m thinking of you, and I am always here if you need to talk.”
- “You are on my mind now more than ever.”
- “I am so sorry for what you are walking through right now. I am here.”
- “I am happy to listen or just sit in silence with you. You aren’t alone.”
- “I just wanted to let you know that I am thinking of you. I’ll check in from time to time, and I really want you to tell me if you need some company.”
- “I know it’s been a while since you miscarried, but I just wanted to check in and let you know I haven’t forgotten. How have you been doing?”

NOT HELPFUL:

- “I am just glad you weren’t further along.”
 - “At least you can get pregnant.”
 - “Miscarriage happens to a lot of people; it's so common.”
 - “Maybe you should/shouldn’t have...”
-

WHAT TO DO

(AND WHAT NOT TO DO)

Understanding how to offer support to someone experiencing a miscarriage is essential because it can profoundly impact their emotional healing process. Being considerate of their needs, offering practical assistance without imposing, and respecting their boundaries are crucial ways to provide compassionate support during this difficult time. By educating ourselves on how to best support them and avoiding actions that may unintentionally cause distress, we can create a safe and comforting environment for their grieving process.

HELPFUL:

- Be supportive, even if they don't ask for it directly. When someone is grieving, they might not know how to ask for help. Taking assertive actions, like leaving a care package, sending a supportive message, or organizing a meal schedule with friends, can be healing and make them feel understood.
- Keep checking in with them, even after some time has passed since their loss.
- Use the baby's name or "he/she" if the gender was known when talking about them. This shows personal recognition of their baby and situation.
- Invite the couple to social gatherings and make sure they know they're welcome, even if they might not attend.

NOT HELPFUL:

- Be cautious about asking about their plans for the future, like trying for another baby. Let them bring up these topics if they want to.
 - Avoid giving unsolicited advice.
-

My friends, In closing, I want to extend my deepest empathy and support to all who have walked through the pain of miscarriage and loss. Your journey through grief is uniquely yours, and I honor the depth of emotions you may be experiencing. Remember, it's okay to lean on others for support, to seek solace in moments of quiet reflection, and to honor the memory of your little one in your own way. Be gentle with yourself as you navigate this challenging time. You are not alone, and there is no timeline for healing. May you find comfort in the love and understanding of those around you, and may you emerge from this journey with renewed strength and resilience.



You are supported