



Pregnancy after loss

Supporting your emotional well-being when you are pregnant after loss



pregnancy after loss



We see you, putting on a brave face as you walk the journey of pregnancy after loss. We understand the emotional rollercoaster it can be, the conflicting emotions that are tormenting you each day.

We know the early days of a new pregnancy can be both terrifying and joyous at the same time. It feels as though you're putting your heart and emotional wellbeing on the line, while also hoping that this time, you'll get the baby you so desperately crave.

With this in mind, we've created a milestone checklist to give you mini-goals to focus on and tick off, as a visual representation of each stage you're moving through, each step bringing you closer to that point where you can give yourself permission to believe.



Positive Pregnancy Test



HCG blood test confirmed



HCG doubled



First pregnancy symptom



6 weeks



Dating scan - EDD confirmed



Scan with a heartbeat



8 weeks - Less than a 2% chance of a miscarriage



NIPT test and 12 week scan



First trimester complete





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Of course, we know that the anxiety doesn't just magically go away at 12 weeks. The fears and anxiety will linger throughout the pregnancy, though perhaps to a lesser extent than in the first trimester. It is absolutely ok to be scared. Acknowledge your feelings but try to find some positive ways to help you through.

Journaling can be a really useful tool to express how you are feeling. Being able to name your fears can often help to remove their power.

Being part of a **Support Group** such as our private **Pregnancy After Loss Support Group**, can be invaluable. We have created a supportive, nurturing and empowering community who all understand what you're going through. Holding space for each other on days that seem too much to bear; celebrating each other's milestones and just being there to listen. You won't be alone.

Exercise can help release endorphins and as a way to let go of some of the physical feelings of anxiety. Gentle walking with a podcast can sometimes be enough, connecting back to nature, yoga, meditation are all safe and can be practiced easily.

Positive affirmations can also be helpful. Get into the habit of reciting some simple phrases. Some examples are:

"This is a new pregnancy, a different baby, a different outcome."

"My body is accepting this pregnancy and will protect it."

If you have a scan picture pop it on your fridge and every time you look at it say, 'My baby has a heartbeat'.



It's not easy though. Some days you may feel completely paralysed with fear. You may want to hide yourself away from the world until you know what the outcome is going to be. You may stop doing your normal activities for fear that anything you do might cause another miscarriage. You may consciously or unconsciously try to distance yourself from the life growing inside you, not wanting to get too attached - while simultaneously feeling guilty for doing so. Unfortunately, there really is no way of fast-forwarding to the end of the first trimester. You have to move through every day, every week.

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Choose a Supportive Care Team

Having a supportive care team is crucially important when you are pregnant after miscarriage/s. Your anxieties are going to be heightened and a few spots of blood will be enough to send you into a complete panic. If you wake up one day without symptoms, you will panic. For seemingly no reason at all, you will panic. At any of these times, you need to know that you can call your midwife, obstetrician or GP and they will be 100% supportive and kind and gentle with your emotions.

Birth and Beyond

Much like falling pregnant, giving birth to a healthy baby does not magically take away your experience of loss/es. You may find that your anxiety is still heightened post birth, you may be excessively worried or over protective of your baby. Conversely, you may be finding it difficult to bond with your baby, or you aren't able to shake those 'baby blues' weeks or months after the birth.

Please know this is absolutely normal and nothing to be ashamed of. In fact, the sooner you seek help, the sooner you will be able to enjoy your beautiful new baby.

The Gidget Foundation provides excellent emotional support for perinatal depression and anxiety. They offer free telehealth and in person psychological services for those in need.



" Making the decision to have a child is momentous. It is to decide forever to have your heart go walking around outside your body." Elizabeth Stone

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What if it goes **wrong** again?



How will I **cope** if I miscarry again?

Am I **strong enough**?

Know this...



you are



Our Pregnancy After Loss support group can be accessed via our Facebook page
@pinkelephantssupport

The Gidget Foundation can be contacted on
1300 851 758