

# Loss and Grief in Pregnancy and Postpartum



**Contact: [www.griefwatch.com](http://www.griefwatch.com) 503-284-7426**  
**Perinatal Loss: [www.griefwatch.com](http://www.griefwatch.com) 503-284-7426**  
**Brief Encounters: [www.briefencounters.org](http://www.briefencounters.org) 503-699-8006**  
**The Compassionate Friends: [www.portlandtcf.org](http://www.portlandtcf.org) 503-248-0102**  
**Oregon SafeNet 1-800-SAFENET 1-800-723-3638 503-988-5858**

Miscarriage and infant loss are experiences that often make women and their families feel sad and alone. Please know if this should happen to you there are others who can help.

Once you've passed through the first three months of your pregnancy, the chance of loss is small. Sometimes, however, birth and death come at the same time. If this happens to you, you may have new and confusing feelings.

If you lose a pregnancy or if your baby dies, it is important to understand that grief is normal and difficult. It can be both physically and emotionally exhausting. It is also unpredictable. Trust your feelings. The pain may be great and it is real. Don't be afraid of it.

Everyone in the family will be affected by the death of your baby. You may all be grieving the death of the same baby, but you will not all experience grief in the same way. 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.

You don't need be alone during this difficult time. Professional help is available to help you understand your feelings. Many good books are available on the subject of miscarriage, infant loss, and death. Friends, family, neighbors, and community members are often willing to listen, because they too have lived through loss. The internet is another good resource where you can find support, resources, medical information, and on-line chat groups.

The social worker or chaplain at your hospital can help you find support in your area.

**Oregon Safe-Net can also help you find resources.**

