

A vibrant, hand-drawn illustration. At the top, a bright sun with yellow rays shines in a pink sky. A multi-colored rainbow arches across the scene. Below the rainbow, there are pink, fluffy clouds. The background is a blue sky with a pattern of small blue dots. In the foreground, a woman with long black hair, red lips, and a thoughtful expression looks upwards. She is holding a wooden handle for a white umbrella that frames the central text.

Pregnancy,

Baby
Loss,

and the
Grief Journey

The making of the booklet

This booklet has been created by researchers at the University of Bristol in collaboration with bereaved parents, medical professionals, and the charities [Sands](#), [Twins Trust](#) and [Antenatal Results and Choices \(ARC\)](#). It was inspired by the team's personal and family experiences of baby loss. The project began in 2020 with the creation of a Good Grief Festival video on Stillbirth. Festival Founder Dr Lucy Selman's second daughter, Ada, was stillborn in 2018 and Lucy is passionate about increasing conversation about baby loss and improving support for families. Dr Lesel Dawson (Festival Arts and Culture Lead) wanted to create a resource about baby loss in honour of her mum, whose first baby was stillborn, but was discouraged from speaking about her loss and not allowed to see her daughter.

Working with bereaved parents, health professionals, charities and researchers, the team aimed to create an illustrated booklet that explores the intense emotions that follow baby loss. We wanted our booklet to promote tolerance and understanding by emphasising that everyone's experience

is different and there is no one right way to grieve. The first booklet, *Stillbirth, Neonatal Death and the Grief Journey*, was published in 2021. The research team then ran focus groups and used the feedback to create this edition of the booklet. We hope it will provide support to you and your families.

Content note:

This booklet talks about baby loss. It is designed to be read flexibly, at your own pace. If you don't feel ready to read it, you can set it aside for another time. You might want to read certain sections out of order or skip some completely. Or it might be that other resources work better for you. Your grief is completely unique, and whatever you are feeling is valid and okay.

Religious beliefs or cultural traditions may play an important role in your grief, or how your family and community react to death and loss. There are specific charities that support people from different cultural or faith groups in the resource list at the back of the book.

Different people prefer different terms when talking about baby loss. This booklet uses the words that most of the people in the research study preferred, describing people who have experienced baby loss as 'parents' and referring to 'babies' rather than using more medical language. As the booklet is written with and for people who have experienced baby loss, it uses 'we'; one of the parents we spoke to said this made it feel 'like a friend talking'. We hope you feel this too.

Acknowledgements:

This booklet grew out of the research and experiences of many people. Thanks especially for the contributions from: Jen Abraham-Williams, Danya Bakhbakhi, Peter Byrom, Jen Coates, Sharon Darke, Elaine Ferguson, Jane Fisher, Laura Goodwin, Cleo Hanaway-Oakley, Alexander Hezell, Natalie Le Grange, Mary Lynch, Nana-Adwoa Mbeutcha, Kaeti Morrison, Tamarin Norwood, Lucy Selman, and Juliette Ward.

Pregnancy, Baby Loss and the Grief Journey

Written by Lesel Dawson and Rachel Hare

Illustrated by Jayde Perkin

Contents

When our baby dies	5
The physical and emotional impact of grief.....	6
Relating to our partners and other people	9
Miscarriage.....	14
Stillbirth and late miscarriages.....	16
Neonatal death.....	16
Twins and multiple births.....	18
Termination for Medical Reasons (TFMR).....	21
Subsequent pregnancies and multiple losses	25
Remembering our baby and carrying them with us.....	27
Living with loss.....	32
Pregnancy and baby loss contacts and resources.....	35



When our baby dies

Only we know how we feel about our baby who has died. The grief we feel about their death is not equal to the length of time they lived, but rather reflects the love, hopes and dreams we had for them. Both before and during pregnancy, we often imagine our child and our future with them so that our baby's death is also the loss of these cherished plans and the life we had hoped to live.

Grief often comes in waves and can be overwhelming. It is common to feel guilt, self-blame, fear, or failure, and we might find ourselves desperately looking for answers, losing faith in our bodies or wondering if we could have done something differently. We can also feel shock, sadness, anger, hopelessness and disbelief, sometimes moving quickly from one emotion to another. Although some parents describe feeling like they are 'living in a parallel universe' or 'going mad', this barrage of emotions is common. We might initially feel numb or unable to take in what has happened, our grief only hitting us weeks or months after our baby died.

Whilst it is natural to want to avoid suffering, we need to allow ourselves the time and space to grieve and adjust slowly to our loss. As therapist Julia Samuel MBE explains in her book *Grief Works: Stories of Life, Death and Surviving*, ‘pain is the agent of change’: it is through grief that we ‘find a way of living with a reality that we don’t want to be true’.

However, grief is exhausting and it can help to take breaks from the emotional turmoil. When we can, we should try to find ways to distract, sooth and sustain us. We could consider going for a walk, meditating, watching TV, exercising, cooking, gardening, or meeting up with a good friend. It is okay to laugh and have times where we feel happy. Although it can be difficult, we should try to look after ourselves, making sure we eat and resting when we can.

The physical and emotional impact of grief

Everyone reacts to bereavement differently, and there is no ‘right’ way to respond. Most of us feel grief physically as well as emotionally. We can have a tightness in our chest or throat, a heavy tiredness, difficulty sleeping, or other symptoms. The

physical experience is often heightened for mums after a stillbirth, late miscarriage or neonatal death, as we feel all the usual bodily sensations following a birth without having our baby with us to care for. Some of us may be upset by our pregnant shape, while others want to retain it as a way of remaining close to our baby. Whether we were the partner who was pregnant or not, many of us will find that our arms physically ache as we long to hold our baby: this is sometimes called empty arms syndrome. We can also have moments when we think we hear our baby crying, or feel trapped in a deafening silence.

We can experience vivid flashbacks of the moment we heard about our baby's death or the birth itself, feel overwhelmed with anxiety or hopelessness, or find it difficult to think of anything other than our baby. Most of us will find difficult memories become less intense and frequent over time, but it might take a while and we may still have flashbacks (especially around anniversaries and milestones). Some parents have Grief Therapy to help process what happened or have Eye Movement Desensitisation and Reprocessing (EMDR)



therapy, an effective treatment for trauma and post-traumatic stress disorder (PTSD). (See our resource list for advice about getting in touch with a bereavement midwife or charities that can advise about counselling and other therapies.)

Relating to our partners and other people

Our experience of grief is as individual as we are. While some of us cry and rage, others experience a numbing state of shock, become angry or withdrawn, or actively try to keep emotions in check for fear they will overwhelm us or distress the people around us.

Grief affects siblings, grandparents, and other family and friends. We might find that our partners or other people around us respond to the emotional shock differently to us, and this clash of grieving styles can be very painful and cause tension. Although it can be easy to assume that others feel less intensely than we do, it is important to remember that there is no single 'right' way to grieve. We all have our own timeline for emotions and ingrained coping mechanisms, and all these responses are valid.

Partners might feel that their emotions and experiences are sidelined, while friends and family focus on the person who was pregnant. They might also feel that they need to be strong to protect their partner, or guilty or helpless when they cannot take away their pain.

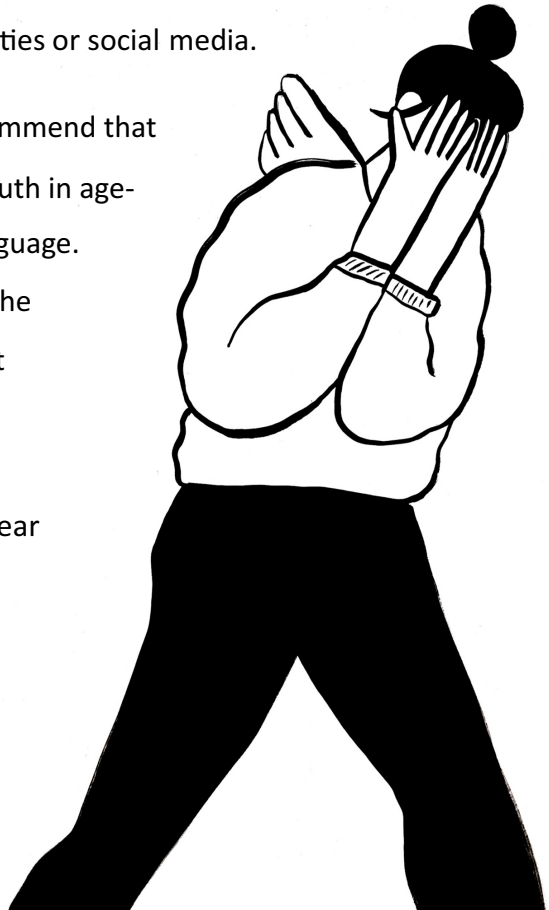


Daniel explains that he 'didn't know how to voice' his grief, observing 'I really didn't have support from anyone'. On the other hand, partners might cry more than they expect or want to talk about it more. Parents might also have different ideas about whether they want to try to get pregnant again

or different timelines for when feels right to try.

Although it can be difficult, it can help if parents talk about their emotions. Some couples might like to try counselling, perhaps through a charity or local hospital. If we do not have a partner, it may be even more important that we find support elsewhere, perhaps connecting with other bereaved parents through charities or social media.

Grief experts recommend that siblings are told the truth in age-appropriate, clear language. They do not need all the details but will benefit from understanding what has happened. They might need to hear the same explanation more than once, and sometimes we will need to tell them what death means and make sure they understand



that it isn't their fault. It is okay for children to see us cry, and also see that we can have happy moments and enjoy things. Many baby loss and child bereavement charities offer advice about supporting siblings.

We need as much love and support as possible. Many of us will value opportunities to share experiences with those around us, acknowledging our baby's life. Sometimes we might find that our friendships shift after a bereavement, or that people we have known for years are unsupportive or even insensitive, expecting us to 'get over' our grief and move on. It is also not always possible to share feelings with our families. Other comments can be well-intentioned but unhelpful. Some friends and co-workers might avoid us because they don't know what to say. Bereaved mum Sudesh found that some people in her life didn't know how to ask her about her baby who died. One thing that sometimes worked for her was to say to a friend 'I would like to talk about how I am feeling about my son Hardeep' as this opened up space for a conversation. As David Kessler observes in *Finding Meaning: The Sixth Stage of Grief*, 'There is no greater gift you can give someone in grief than to ask them about their loved one, and then truly listen'.

We can also sometimes find new communities by connecting to other parents who have had similar experiences and understand what we are going through. Many baby loss charities offer different ways for us to make contact and remember our baby with other families, and we might also find supportive groups on social media.

Many of us will experience complex and conflicted feelings when we see people who have children or even when we walk down the baby aisle in a shop. It is common to feel jealous or resentful that they have been able to bring their babies home, or furious at the unfairness of our situation. And then we can feel guilty for having these thoughts. But these are natural reactions. Many of us will find these feelings are stronger at some times than others, and that there are periods when we enjoy being around other children. It is also okay to protect ourselves, perhaps by leaving parenting-related WhatsApp groups or blocking certain words on social media. The charity Tommy's has advice on how to stop baby-related advertising: <https://www.tommys.org/about-us/charity-news/how-stop-pregnancy-ads-following-you-after-loss>

Miscarriage

The way we feel about our babies and our pregnancies is not determined by how many weeks we have been pregnant, but reflects our love and hopes for them. Michelle Obama writes how she felt 'broken' after a miscarriage, describing the experience as 'lonely, painful and demoralising, almost on a cellular level'. Although we all react to miscarriage in different ways, it is common to feel grief, anxiety, anger, fear and guilt. We can also feel painfully isolated, especially if we miscarry before we have told people we are pregnant. Some of us will be overwhelmed by our grief, while others will get through difficult days by staying busy or focusing on trying to get pregnant again.

We might think through the events leading up to our miscarriage, trying to work out what we could have done differently. Or we might blame our bodies or ourselves. However, as Tommy's explain, 'miscarriages very rarely happen because of something you did or didn't do'.

We may find that other people don't recognise what we are going through or make hurtful comments. 85% of the 6000 people who responded to a [2015 Tommy's survey](#) said they didn't feel that people understood their loss, and 75% of the 2000 people who responded to their 2023 survey had been told 'it wasn't meant to be'. Tommy's observe that 'attitudes toward miscarriage are starting to change', but 'much more must be done to improve support for those in need'. As with all forms of baby loss, we all grieve in our own ways and all our feelings are valid. We should take the time we need to process what has happened and try to be kind to ourselves. Some of us might like to reach out to other people who have experienced miscarriage, perhaps through the Miscarriage Association, other charities, or social media.

Stillbirth and late miscarriages

Experiencing a stillbirth or late miscarriage is overwhelming. Jess writes in [her blog](#) that she and her wife had 'never been through anything like' the grief they felt for their son Leo: 'I wouldn't even say I've been through grief anywhere close to this'. Like other forms of baby loss, we often feel bombarded by different emotions, finding ourselves flooded with sadness, anger, disbelief, guilt or numbness, as well as love and pride for our baby. We may have flashbacks of the moment we heard our baby had died, the delivery or the silence when they didn't cry. Parents who were asked to give birth will often have mixed memories of labour and the aftermath, which can be frightening or traumatic but also bring them closer to their baby. Some of us will be offered the chance to see or hold our baby, and may spend time making memories with them.

Neonatal death

If our baby dies soon after they are born, we often go through a rollercoaster of emotions. Some of us might receive the

terrible news that there is a problem before our baby is born, while others have a normal pregnancy and then the horrifying shock of learning our baby is unwell or has died. Sometimes doctors won't be able to tell us whether our baby will live, leaving us with a painful mixture of hope that they will be okay and terror that they won't.

If our baby is admitted to the Neonatal Intensive Care Unit (NICU), we may have had time to get to know them and look after them. [As Sands explain](#), 'even if your baby was not fully awake when you visited them, it is important to remember that a parent's scent and the sound of their voice is unique and [...] your presence will have been sensed by your baby'. We might have complicated feelings when we look back on our baby's stay in the NICU, cherishing our time with them while also reliving our fear and the overwhelming experiences of machines, tests and doctors which might have made us feel helpless. We might also feel guilt or frustration if we weren't able to be on the unit as much as we would have liked. It is common to feel upset, angry or confused when we reflect on what happened during our baby's treatment.

Hospitals often offer debriefs which can help us process what happened and ask questions. Like all forms of baby loss, there is no right way to feel or respond. Grief is overwhelming and unpredictable, and it can affect us in ways or at times we don't expect. When it is right for us, we might find it helpful to talk about what happened and how we feel, or to share our memories of our baby with others.

There are a variety of charities that support families who have experienced late miscarriage, stillbirth and neonatal death, and can also advise on practical issues such as telling other people and registering a death or stillbirth. See our resources pages for more information.

Twins and multiple births

As multiple births are at higher risk of complications, many people who experience baby loss will have been pregnant with twins, triplets or more. When one or more babies die, we grieve not only their death, but also the special feeling of being a parent of multiples – and thoughts of a double buggy, matching cots, or a larger car. Some of us go through the death



of more than one child days or weeks apart. One baby might die earlier than the other, either in utero or in NICU. The pain of these repeated bereavements can feel unbearable and unrelenting.

If we have surviving children, we may feel incredibly sad that our babies are separated and will not have the chance to grow up together. We might feel guilt for moments of joy with our new arrival or arrivals, or fear that they will die too. We might suppress our grief to care for our surviving family or detach emotionally to protect ourselves. In these cases, we might not experience the full weight of our bereavement until months or years later. People might dismiss our loss with hurtful comments like 'at least you have one'. In reality, no baby ever 'makes up for' the death of another and we should be given space to grieve and remember our baby or babies in whatever way feels right to us. As they grow up, children from multiple births are reminders of their siblings who died, hitting all the milestones and enjoying the life experiences that we wanted for all our babies.

Twins Trust (<https://twinstrust.org/bereavement.html>) and Footprints Baby Loss (<https://www.footprintsbabyloss.org>) can offer information, support, and suggestions of ways to remember our multiple or multiples who died and acknowledge their ongoing connection with surviving twins, triplets or other siblings.

Termination for Medical Reasons (TFMR)

TFMR stands for termination for medical reasons, when a pregnancy is ended because tests show our baby has a medical condition, or the parent carrying the baby is seriously ill. While more than 5000 UK families go through TFMR every year, it is often hidden, which can make us feel isolated and alone.

TFMR is fraught with complex emotions. We might blame ourselves (and our bodies) or feel guilt about our baby's condition or our decision to end the pregnancy. We often replay events over and over, wondering if we could have done something to stop what happened. As Sophie observes, 'it's not a decision that you make and move on' and it can take a long time to process the shock and trauma of the experience.

We can feel besieged by memories of what happened to us, and dreams or worries about what might have been. Like other forms of baby loss, we can feel overwhelmed by waves of sadness, guilt, anger and disbelief. Many of us will experience these emotions in our bodies: our limbs can feel heavy, our throats tight, and sleeping and eating can sometimes feel impossible. Sometimes we don't fully experience our grief until weeks or months after we have our TFMR, as we focus on medical procedures or block emotions to protect ourselves or our families. This can feel strange but it is an understandable reaction. It is also okay to not think about what has happened or have times that we feel happy. We might be unsure or worried about what to tell people. As Antenatal Results and Choices (ARC) explain, we don't have to share any information we don't want to: 'Who you tell and what you tell them is for you to decide'. In some communities, it might be particularly difficult to talk about TFMR. We can be anxious that we will upset other people by telling them what happened, and they can struggle to know what to say to us. If we have a partner, we might find that they have an entirely different way of



expressing emotion and coping with loss, but that doesn't mean they are feeling things less intensely than us. Non-birthing partners often find their grief is minimised or overlooked, with friends and family asking about the person who was pregnant without acknowledging their loss. However, finding someone who will listen with compassion (and without fear or judgement) can be wonderfully supportive and healing; ARC can help us to connect with other people who have been through TFMR.

It is okay to name our baby or choose not to, and to make our own decisions about how we remember our baby, including whether we want to hold a memorial service, make a memory box, light a candle (or do none of these things). Hospitals sometimes have photographs or scans of babies on file if wanted. It is also possible to request follow up appointments or to speak to a bereavement midwife.

ARC has more information about TFMR and the support available. They also offer advice on how to talk to siblings:

<https://www.arc-uk.org/talking-to-children>

Subsequent pregnancies and multiple losses

There is no 'right' time to get pregnant again after any form of baby loss and we might find that we have different opinions or timelines to our partner. We might also not be able to try again or decide that we don't want to.

If we do become pregnant, many of us will be filled with anxiety, feeling like we are just waiting for something to go wrong. We may push away any feelings of hope or excitement, or avoid telling people we are expecting. We might feel frightened of the intense love we feel for our unborn baby, or find it difficult to connect with them. Being pregnant again can also bring back traumatic memories.

If we have had multiple losses, these feelings are likely to be heightened. The process of losing more than one baby is incredibly draining, and we may feel exhausted by the cycles of hope and devastation.

If we have a baby who lives, we may continue to feel anxious, perhaps worrying that something is going to happen to our child. Or we might feel confused about why we are still

grieving. Amina, whose first child was stillborn, blamed herself for feeling sad after the birth of her second daughter observing 'I got everything I wanted: I have a living baby. How can I be depressed?' We might also feel guilty when we feel happy or think that building a life with our child is betraying our babies who died. Other people might infuriate us by saying that our losses were 'worth it', or that 'it all came right in the end'. Although complicated and confusing, these conflicted emotions are also valid and understandable. In time, we might choose to include our living children in the ways we remember our babies who have died.

Some of us will never give birth to a baby who lives. The decision to stop trying is incredibly difficult and complex, and we might find we make, unmake and remake this choice more than once. We might also feel pressure to have children or be asked uncomfortable questions about why we don't; however, as bereaved mum Deborah comments, this is 'nobody's business' but ours. We should try to be patient with ourselves. As the Miscarriage Association writes, 'it can take time – and courage – to face these feelings and to achieve some kind of

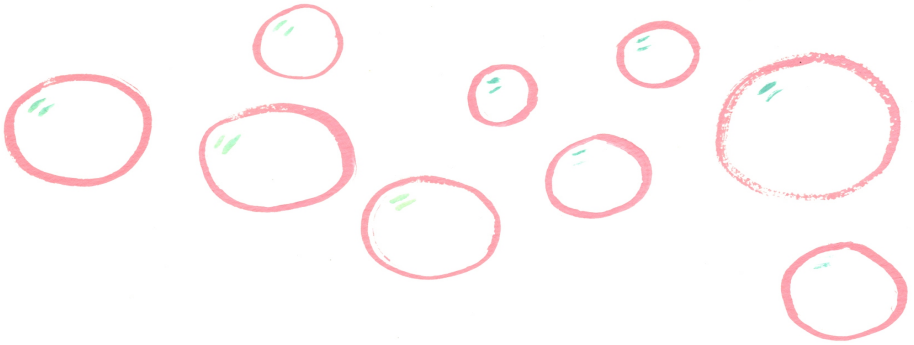
acceptance'. We might like to read their booklet: <https://www.miscarriageassociation.org.uk/leaflet/when-the-tryingstops/>

Remembering our baby and carrying them with us

Therapist Julia Samuel suggests that physical objects that remind us of our baby often provide valuable 'touchstones to memory'. They connect us with our child in a concrete, sensory way and remind us of our bond with them. We might, for example, create a memory box which holds physical reminders of our child. Some charities or hospitals can provide a substitute birth certificate to remember a baby who died before 24 weeks. [In the UK, parents can apply for birth certificates after a pregnancy loss before twenty-four weeks.](#)

As time goes by, we can add to our box with the letters and cards we write to our child on special occasions and photographs of things we do to remember them. The evolution of our memory box can thus express both our enduring love for our baby and the way our grief has changed over time.





Some of us will find that a memory box doesn't feel right for us or fit with our culture or religious beliefs. We might choose a different way of remembering our baby, or not do anything specific. We might expect that certain things (like making a memory box or planting a tree) will bring relief, but it might not always feel like that or not straightaway. Some of us might also find that these activities trigger flashbacks or a feeling of panic. If these are overwhelming, we might consider seeking additional support for our grief (see our resources pages for some charities and organisations which can help).

As time passes, we may look for other ways to stay connected to our baby, finding ways to honour their absent presence on birthdays and special occasions. There is no right way to respond; some of us might plan a celebration, while others choose to keep the day quiet to protect ourselves. Our feelings might change over time.

Here are some ideas of things to do:

- light a candle
- wear a piece of jewellery or clothing, or play a piece of music which connects us to our baby
- arrange a birthday party or bake a birthday cake
- plant a tree or visit a memorial garden
- visit – and perhaps scatter ashes in – a special place
- attend one of the memorial services which are sometimes held in hospitals, or run by charities
- fundraise in our baby's name
- create a piece of art or write a letter to our baby
- arrange a family outing that we might have chosen for our child that year (for example, we could visit the zoo or have a picnic on younger birthdays, and go bowling, to the cinema or a restaurant on older birthdays).

We may also take time off work to give ourselves space or think of other ways to mark the day. For example, Natalie chose a series of personal celebrations for her daughter's birthday: 'This year our family scattered petal confetti in the river for Aurora and had lunch outdoors so that I could escape



the feeling of being “trapped” on this day which is a recurring feeling tied to her death. We then finished the day by blowing bubbles with her brother to send up to her’. Some parents repeat the same celebration each year, which reduces the pressure of thinking about what to do.

Living with loss

We don’t ‘get over’ grief – just as we don’t get over love. Undertaker Rupert Callender says ‘we grieve [...] because we are connected to each other through threads of the heart’. We will carry our baby with us throughout our lives: they are still part of us, just in a different way. There will be times – perhaps around anniversaries, festivals, first days of school, and other significant milestones – when our grief feels as intense as it ever did. Some of us might find it hard that other people mention our babies less as years go by, and dread questions like ‘how many children do you have?’ Some parents feel that they have to ‘put on a show’ of being okay, while really struggling underneath. Others feel ‘stuck in grief’ and seek support through counselling or other therapies (see our resource list).



However, as time passes, we often find ways of living with loss. Our grief might change our understanding of ourselves, our relationships, or our spiritual or material world. Lucy observes: 'After a year I was able to see glimpses of a possible strength or benefit from the loss of Ada: a renewed recognition of the fragility of life, a profound appreciation of what is truly important – love, kindness, work for the common good. Three years later, the grief remains, but I also feel the love and wisdom she gave us in her short life'. Like Lucy, we might discover that we have a greater compassion for others, an enhanced appreciation of those we love, or a new understanding of how precious life is. Some parents reach out to others through charity work or find other activities that support people in need. We might feel that, although our grief stays the same size, our lives grow around it.

Everyone's journey is different and our emotions (like our lives) rarely follow a straightforward path. However, while we will never forget our baby or 'get over' our loss, most of us will find that time changes our relationship to grief and we can eventually remember our babies with more love than pain.



Pregnancy and baby loss contacts and resources

GP practices can offer personalised support, resources, and access to local services. In some **NHS Trusts**, parents who have experienced baby loss can be connected with a bereavement midwife if they phone the hospital switchboard and ask to be put through (the phone number for the hospital switchboard will be available online and can often be found at GP surgeries or libraries).

Charities and Other Groups Offering Support After Baby Loss

Aching Arms (www.achingarms.co.uk) supports families who have experienced baby loss, offering a comfort bear and community support (including a dads' support group).
Helpline: 07464 508994 Email: support@achingarms.co.uk

Antenatal Results and Choices (ARC) (www.arc-uk.org) supports parents and professionals through antenatal screening and provides bereavement support to those who end pregnancies for medical reasons (TFMR). Helpline: 02077137486 Email: info@arc-uk.org The ARC publications page (www.arc-uk.org/for-parents/publications) offers a range of booklets to support families who experience TFMR, including help for fathers, same-sex partners, and grandparents, as well as advice for talking to children and support when preparing for another pregnancy

Bereaved Parents Together

(www.facebook.com/groups/bereavedparentstogether) is a private Facebook group which offers a safe, warm and supportive space for bereaved parents who have lost a baby, child, adult child or children from any cause or circumstance.

Child Bereavement UK (CBUK) (www.childbereavementuk.org)

supports bereaved children and families who have been bereaved of a child. Helpline: 0800 02 888 40 Email: helpline@childbereavementuk.org. They also have an online chat service on their website.

The Child Death Helpline (<http://childdeathhelpline.org.uk>) is

a free helpline service for bereaved families, operated by bereaved parents. Helpline: 0800 282 986

A Child of Mine (www.achildofmine.org.uk) offers support,

information and guidance after the death of a baby or child. Helpline: 07803 751229 Email: hello@achildofmine.org.uk

The Compassionate Friends (www.tcf.org.uk) supports

bereaved families, with a helpline run by bereaved parents. Helpline: 0345 123 2304 Email: helpline@tcf.org.uk

CRADLE (<https://cradlecharity.org>) offers support and

community to everyone affected by early pregnancy loss, including miscarriage and TFMR. They also offer comfort bags in some UK hospitals. Email: info@cradlecharity.org

Cruse Bereavement Support (www.cruse.org.uk) offers

support and information to everyone who has experienced a bereavement. Helpline: 0808 808 1677

The Ectopic Pregnancy Trust (<https://ectopic.org.uk>) provides information, support and community for people affected by ectopic pregnancy. Helpline call-back service: 020 7733 2653
Email: ept@ectopic.org.uk

Footprints Baby Loss (www.footprintsbabyloss.org) supports all parents and carers of twins, triplets or more who die during pregnancy, birth or shortly afterwards, including offering peer-to-peer services and online support groups and communities.

Good Grief Festival (www.goodgrieffest.com) have a playlist of videos related to baby loss on the Grief Channel (<https://www.youtube.com/@griefchannel/playlists>) and a selection of resources related to the Death of a Child in their Grief Hub (www.goodgrieffest.com/resources/the-death-of-a-child).

The Lullaby Trust (www.lullabytrust.org.uk) raises awareness of sudden infant death syndrome and supports bereaved families. Bereavement Support Helpline: 0808 802 6868

MAMA Academy Baby Loss Pages (www.mamaacademy.org.uk/pregnancy-birth/baby-loss) offer information about different kinds of baby loss and how to make negligence claims. Telephone: 07427 851670 Email: contact@mamaacademy.org.uk

The Mariposa Trust (www.mariposatrust.org) has several wings. Saying Goodbye (www.sayinggoodbye.org) supports families who have experienced baby loss, and runs remembrance services around the world. The services often take place in Cathedrals or Abbeys, but the charity is non-

religious and welcomes people of any or no faith. Other wings support people who are going through pregnancy after loss, fertility treatment, adoption, and more. Saying Goodbye telephone: 0300 323 1350 Email: info@sayinggoodbye.org

Miscarriage Association (www.miscarriageassociation.org.uk) supports everyone affected by miscarriage, molar pregnancy or ectopic pregnancy. Helpline: 01924 200799 Email: info@miscarriageassociation.org.uk.

Petals (www.petalscharity.org) provides and promotes specialist counselling for parents across the UK who have experienced baby loss.

Sands (www.sands.org.uk) supports families and medical professionals affected by any kind of baby loss. Helpline: 0808 164 3332 Email: helpline@sands.org.uk Sands also run online and face-to-face bereavement support groups and pregnant after loss groups monthly. See also their online community forum (<https://sands.community>) and Sands United, football teams for men affected by baby loss: (www.sands.org.uk/sands-united) The *Sands Bereavement Support Book* is available here: www.sands.org.uk/support-you/how-we-offer-support/sands-bereavement-support-book. The booklet has sections on 'neonatal care and end of life', 'termination for medical reasons (TFMR)', 'saying goodbye', 'supporting children' and much more.

Teddy's Wish (www.teddyswish.org) offers support and information to families affected by Sudden Infant Death Syndrome (SIDS), stillbirth or neonatal death, through counselling, retreats and other services. Email: support@teddyswish.org

TFMR Mamas (www.tfmrmmas.com) run a range of support groups for mums, dads, LGBTQ+ parents and grandparents who have been affected by TFMR.

Tommy's (www.tommys.org/baby-loss-support) offers support and information to bereaved families, as well as conducting medical research into baby loss.

Twins Trust Bereavement Service

(<https://twinstrust.org/bereavement.html>) supports all parents and carers of twins, triplets or more who die during pregnancy, birth or shortly afterwards, including offering peer-to-peer services and online communities.

Winston's Wish (www.winstonswish.org) supports grieving children and young people and the adults that care for them.

Support for Particular Groups of People

The Bereavement Journey (www.thebereavementjourney.org) is a six-week course of discussion sessions, often run in churches. The first five sessions are open to people of any or no faith, and the optional sixth session considers grief from a Christian perspective.

Black Minds Matter (www.blackmindsmatteruk.com) provides resources and access to therapy for Black individuals and their families.

The Jewish Bereavement Service (<https://jbcs.org.uk>) offers counselling support from a Jewish perspective. Telephone: 020 8951 3881 Email: enquiries@jbcs.org.uk

LGBT+ Bereaved Parents Community

(www.facebook.com/groups/414483379303584) is a private Facebook group.

Muslim Bereavement Support Service (<https://mbss.org.uk>)

supports Muslim women who have experienced bereavement.

Telephone: 020 3468 7333. Email: info@mbss.org.uk

The New Normal Charity (www.thenewnormalcharity.com)

runs a range of online support groups for bereaved people (including 'Queer Good Grief', 'Black and Brown Good Grief' and more). Telephone: 07865 256 889 Email:

info@thenewnormalcharity.com

Sikh Helpline (www.sikhhelpline.com)

offers 24/7 telephone and email support for all issues. Helpline: 03000 3000 63 or

07999 004 363 Email: info@sikhhelpline.com

For further resources, including access to local charities & networks; ways to remember your baby; support with legal or practical processes; podcasts, books; training for medical professionals; & resources for friends & family, please visit:

<https://qrplanet.com/9kahfb>





Thank you!

This work was supported by the Participatory Research Fund (Research England), the Elizabeth Blackwell Institute for Health Research, University of Bristol, and the Wellcome Trust Institutional Strategic Support Fund

We'd love your feedback!

We're really keen to hear from parents, friends,
family & medical professionals. Responses
are anonymous and very much appreciated.



<https://qrplanet.com/babyloss>



University of
BRISTOL

GOOD GRIEF
A FESTIVAL OF LOVE & LOSS



**Research
England**

**Antenatal
Results &
Choices**

