

More resources

Family Resource Library at BC Children's Hospital. The library is for patients and families from BC Children's and BC Women's Hospitals. It has books, pamphlets, CD's and DVD's.

<http://www.bcchildrens.ca/KidsTeensFam/FamilyResourceLibrary/>

PROM

www.kanalen.org/prom

From diagnosis to making decisions and saying goodbye.

Multiple Births Canada

www.multiplebirthscanada.org

Newsletters, bereavement support literature, networking & more.

Pacific Post Partum Support Society

www.postpartum.org

Support for postpartum mothers & their families. "We understand... and we can help."

Books

Empty Arms by Sherokee Ilse

Little Footprints by Dorothy Ferguson

Miscarriage by Joy & Marv Johnson



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604-875-2000
Toll Free in BC 1-888-300-3088

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& Health Centre

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Early Pregnancy Loss



About your loss

You have experienced a death during your pregnancy through miscarriage or the ending of a pregnancy. In our society your experience is not openly recognized or talked about.

No matter what the reasons were for your loss, you are now grieving.

You may be feeling intense emotions. As well you may be sensing the emotions of family, friends and others who are affected by this loss.

Often a woman or couple had to make difficult decisions without much past experience or the support and knowledge of family members to guide them.

Some women or couples want strict privacy around what happened. Others prefer to completely forget it.

Even if you want to talk about it, family and friends may not understand or feel comfortable doing so. No matter what the situation, this may be an emotional and lonely time for you.

After your loss

What happens to you after your loss can be confusing. You may:

- feel alone in your grief, isolated from family members or friends.
- feel guilt, a sense of injustice, shame, anger or frustration.
- question your feelings, wondering if you are responding 'normally'.



It may also be confusing for your family members or friends. They may:

- not understand your view that a very real family member has died.
- quickly forget that there even was a pregnancy or a baby.
- disagree with decisions you made.

Resources to help

For whatever reason, your family or friends can't give you the support you need right now. It's important to share your story to grieve your loss. These resources can help.

BC Women's Hospital and Women's Health Centre offers support through:

- a pregnancy loss support group. Call 604-875-2149.
- an adult support group. Call 604-875-2741 to register or for more information.
- the Reproductive Mental Health Program at 604-875-2025 or <http://www.bcwomens.ca/Services/HealthServices/ReproductiveMentalHealth/default.htm>

You will need a referral from your doctor or midwife.