

Here are our top tips for healing after a miscarriage.



You may experience intense emotions as you comprehend the unimaginable. **Trust that you will not always feel this way.**



Respect each person's way of grieving. This allows for honest expression and healing.



Honor the wisdom of your body. Don't expect to have the strength to do the daily activities you once did.



Keep routines as much as possible. Consistency with mealtimes, before and after school routines, bedtimes and chores helps foster stability.



Support from family and friends can positively impact your grief experience. Allow them to help you in the ways that are most needed by you.

Take CARE as you heal

Care for your body with healthy food, water and movement like stretching or walks outdoors.

Accept support in the ways you find most helpful.

Rest often and keep normal routines as much as possible.

Express your emotions with others as they arise.



Jessica's House offers free peer support groups for children, teens, young adults and their adult caregivers grieving a death. Each group combines therapeutic talk, play and creative expression to promote healing and hope for the future.

For additional support and resources:

jessicashouse.org

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or we welcome your call at **(209) 250-5395**

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Healing After a Miscarriage



Grief Support for Children, Teens,
Young Adults and Their Families

When your baby dies, you grieve the loss of those hopes and dreams for your future.

You may wonder how the world keeps spinning when yours has stopped. You may be experiencing disbelief, fear, shock and confusion. You may feel more alone than ever if your family and friends don't know how to support you. This guide offers practical ideas as you move toward your healing.

Common grief reactions

There are no right or wrong ways to grieve. After the death of your baby, you may experience various emotions like sadness, anger or guilt. You may resent parents with babies or feel a deep sense of emptiness. Emotions need motion, so acknowledging your feelings and expressing them to others as they arise is the healthiest way to heal.

Everyone grieves differently

Each person's way of grieving is as unique as their fingerprint. After your baby dies, it's normal for one parent to be irritated by the other parent's way of grieving. Siblings will grieve differently, too. One person may want to be left alone, and another may want to talk. One person may be having a strong grief reaction while another isn't. Recognizing and respecting each other's way of grieving allows for honest expression and healing.

Physical, emotional and mental health

The death of your baby takes a toll on your physical, emotional and mental health.



You may notice that your thoughts are muddled and it's tough to make decisions. Your energy level and capacity for family and friends may be low. Honor the wisdom of your body. When you feel tired, rest. Eating healthy meals, drinking water and walking outdoors can help you to your next moment. Breathe. Don't expect to have the strength to do the daily activities you once did. You are experiencing a profound time of loss, and you are surviving.

Loss as a spiritual wound

If faith is part of your life, losing your baby may feel like a wound to your soul. Your physical bonds with your baby have been severed, and you may question your belief structure. Anger at God or "why" questions are expected in the grief process. You may wonder where God was when your baby died or why your prayers for their safety weren't answered. Or you may find your faith is stronger than ever and lean into your beliefs in deeper and more meaningful ways. Even if you believe you will see your child again someday, it is still vital for your healing to honor and express your grief.

How do we heal as a family?

The death of a sibling through a miscarriage has an impact on your family. Predictability helps children feel secure by knowing what to expect next.

Consistency with mealtimes, before and after school routines, bedtimes and chores helps foster stability.

Research shows that children benefit when their parents take loving care of their own physical and mental health. Model healthy grieving by sharing how you feel with your child and allowing your child to share their feelings with you.

Taking a break from grief

You may notice you spiral in and out of the intensity of your grief. Experiencing moments of joy doesn't mean you don't miss your baby. Grief can hold opposite emotions at the same time, and laughing is just as healing as crying.

Honoring your baby

You can honor your baby with small everyday gestures, such as lighting a candle when you are missing them.

Finding support

Extended family and friends may bring comfort and support during this time. Accepting support and surrounding yourself with those who are good listeners and help in practical ways can bring relief. Finding a peer support group with others experiencing a similar loss can help. Jessica's House offers HeartStrings, an ongoing support group for families affected by miscarriage.

