



Counseling The Loss Parent

Miscarriage | Stillbirth | Infant Death | Loss of a Multiple



Recognize my son (or daughter) as a person. They were alive and are real.

Recognize that every loss is going to be different.

Please don't compare ages or gestations.

Don't use silver linings or be dismissive of my feelings.

Don't impose timelines. If you're agreeing to work with me, work with me.

Don't ever tell me what a good mother I "would have been" or about all the babies I'll have one day because I'm so young.

If I am lucky enough to get pregnant again, it's going to be scary.

Please research pregnancy and infant loss so that you have some insight as to what I'm dealing with. Not understanding at all will ruin our relationship.

Believe me when I say I have already ran the numbers, played out the different outcomes in my head and tried to see the light in this darkness.

While my grief may mimic the things you've learned about mental illness, I need to feel validated in my feelings and I need to know that I am not the only person in the world feeling this way.

I may be a hardcore flake client, but I wouldn't have reached out if I didn't need your help. I'm sorry you are tasked with finding the balance between me needing your support and needing space.

Most importantly, thank you for recognizing that you don't understand and reaching out to this organization to help you understand. You're doing it right.

With special thanks to:

Aiden's mom, Asher's mom, Jensen and Huxley's mom, Alonzo's mom, Prestin's mom and Jasper's mom.