

TIPS for COPING *after* MISCARRIAGE:

Understand that it is not your fault. Research shows that as many as 30% or more of pregnancies end in miscarriage. Most miscarriages are due to chromosomal abnormalities and could not have been prevented.

Give yourself permission to grieve. Turn towards your spouse and allow this to bring you closer. Men and women grieve differently, but both experience the pain of the loss.

It's okay to take care of yourself. Perhaps you need to cocoon for a while and protect your heart. Perhaps you need to avoid situations that remind you of the pain for a time. Understand that you will be more sensitive during this time and that's okay. Be gentle with yourself.

Remain connected to others and forgive others when they don't know what to say or say the wrong thing. It doesn't help to compare ourselves to others or minimize our loss.

Partake in healing rituals: Name the baby, hold a prayer/burial service, take advantage of the sacraments: (i.e.: the Eucharist, Confession, Anointing of the Sick)

Pay attention to your physical and emotional health. Your body is going through physical and hormonal changes after miscarriage, and we need to nourish and care for our bodies to help support our grieving process. We also may need to seek medical help to identify or address any underlying medical conditions.

Pray and ask the Lord to reveal Himself amidst your suffering. The Lord is there to comfort us through our difficult trials.

Don't be afraid to talk to someone or seek counseling to help process your grief. There are resources available to support you during the grieving process. It may help to talk with a group or to seek counseling from a provider trained in reproductive grief and related forms of anxiety and trauma.

Catholic Counseling Resources

Wisdom Integrative Counseling, PLLC

Providing counseling for individuals, couples and families

709 Peninsula Drive, Davidson, NC 28036

Phone: 704-960-3619

Email: info@wisdomintegrativecounseling.com



@creatorblessed_

St. Mark Community Resources:

Harvest Hope: A St. Mark Ministry supporting couples dealing with infertility and or miscarriage; contact Lindsey Schmidt at harvest.hope.stmark@gmail.com.

NFP Sympto-Thermal Method: Contact Joe and Kathy Hack for more information; hackhouse@bellsouth.net.

Creighton Model: Elisabeth Laskowski, BS, CFCP, creightonmodel@gmail.com; (484) 332-9084

Diocesan and Community Resources:

Heaven's Gains: Pregnancy loss support, caskets and memorial items; www.heavensgain.org

Trappist Monks: Caskets for children; <https://trappistcaskets.com/caskets/#cskchild>

Red Bird Ministries: Loss of a child from pregnancy through adulthood; www.redbird.love

Be Not Afraid: Poor prenatal diagnosis support: www.benotafraid.net

USCCB: Prayers and resources for parents after a miscarriage
www.usccb.org/prayers/blessing-parents-after-miscarriage-or-stillbirth

Reproductive Grief: Educates and equips healthcare professionals and community leaders to help those impacted by reproductive loss <https://reproductivegrief.org/>

Family Life Office (Diocese of Charlotte): Contact for support, information on donated caskets for infants and miscarried babies, burial sites, medical rights, and more; FamilyLife@rcdoc.org or JRGrabowski@rcdoc.org

Additionally, contact BNAdcock@rcdoc.org, the NFP Program Director to connect with doctors trained in NAPRO Technology/FEMM/Marquette that can be of help in diagnosing hormone imbalance and other reasons for miscarriage, and help restore fertility.



DIocese of CHARLOTTE

OFFICE OF FAMILY LIFE

Book Resources:

Nursery of Heaven: Miscarriage, Stillbirth, and Infant Loss In the Lives of the Saints and Today's Parents (O'Hearn & Everts)

The Grief of Dads: Support and Hope for Catholic Fathers Navigating Child Loss (O'Hearn, Feger & Breaux)

Grieving with Hope: Miscarried and Pregnancy Loss (Margalita Poletunow)

Jellybean: A Baby's Journey to God (Theoni and Bastian Bell) Holyheroes.com