

Pregnancy After Loss

A new pregnancy after the death of a baby can be an emotional and complex experience. Many parents feel a mix of excitement, hope, fear, and grief. These feelings are normal, and support is available.

Red Nose provides specialised **Pregnancy After Loss Support** for parents navigating this journey. Our services are designed in partnership with bereaved parents and health professionals, so they are practical, compassionate, and grounded in lived experience.

WHAT YOU MAY EXPERIENCE

- Feeling anxious about the health of your new baby
- Grief for the baby who died, even while anticipating another birth
- Pressure to “move on” from others who may not understand
- Worry about how another pregnancy will affect your relationship or family
- A sense of isolation—feeling like few people understand what you’re going through

These emotions are common. You are not alone.

HOW RED NOSE CAN HELP

- **24/7 Grief and Loss Support Line** – 1300 308 307
- **Free professional counselling** – in person, online, or over the phone
- **Pregnancy After Loss support groups** – connect with parents who understand
- **Information and resources** – practical guidance on timing another pregnancy, coping with anxiety, preparing for birth, and parenting after loss

REMEMBER

Pregnancy after loss is never about “replacing” the baby who has died. It is about carrying their memory with love, while gently preparing for the future. Each parent’s journey is deeply personal, and every emotion along the way deserves to be honoured.

Red Nose is here to walk alongside you.

Support for anyone affected by the loss of a pregnancy, stillbirth, death of a baby or child

HOW WE HELP FAMILIES

Our FREE, nationwide services support anyone affected by the loss of a pregnancy, stillbirth, death of a baby or child. We offer individualised, client-led care, because everyone grieves differently. Support is available for parents, grandparents, siblings, extended family, and frontline workers. It does not matter if the loss was today or fifty years ago.

Red Nose’s Support services summarised:

24/7 Peer Support

Our trained lived experience volunteers are available 24/7 for immediate help. If you are a Dad and prefer to speak to a Dad who has gone through something similar, ask for a call back via the 1300 line.

Live chat in real time

If you would like to connect with someone who truly understands, our Live Chat is available at selected times via our website. You’ll be speaking with a real person, who is trained and has lived experience, never AI

In-person & Online support groups

Each group is facilitated by our volunteer parent supporters or staff members who understand grief. They are dedicated to providing compassionate, non-judgmental support. We even have a dads’ and partner’s only Support Group.

Private Facebook lived experience support groups

Monitored lived experience groups to talk to others who have experienced a similar loss.

Counselling

Professional Counselling is free. It may take several weeks to access it. Families can access our other services and will receive check-in calls from one of our team members Hospital to Home. Often immediate support provided by our lived experience workers that can be accessed within 3 months of loss.

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Hospital to Home

Often immediate support provided by our lived experience workers that can be accessed within 3 months of loss.

About Red Nose

Red Nose is a national charity offering free grief and loss support to families after the death of a baby or child due to miscarriage, termination for medical reasons, stillbirth, SIDS, or other sudden and unexpected causes in early childhood. Families can contact Red Nose directly, but we encourage health professionals to sit with them, explain the benefits of support, and assist with referrals.

Red Nose offers free interpreter services. If a family needs this support, please note it in your referral and include their preferred language. Interpreter services are available for families who speak English as a second language or where extra support would be helpful.

Contact us

Red Nose Bereavement Support Services

24/7 Support Line: [1300 308 307](tel:1300308307)

support@rednose.org.au

Support Library: <https://rednose.org.au/grief-and-loss-support/overview/>