

# Grief After Pregnancy Loss

## A gentle guide for understanding and support

Recognising a loss that can be profound, private and too often minimised

Miscarriage, ectopic pregnancy, molar pregnancy, termination for medical reasons and stillbirth can bring intense grief. You may be grieving a baby, a pregnancy, a hoped-for future and a changed sense of trust in your body. Your loss deserves acknowledgement regardless of gestation or what other people understand.

### Understanding this kind of grief

- Partners can also grieve deeply while feeling pressure to support the person who experienced the pregnancy physically.
- Pregnancy announcements, due dates, scans, hospitals and future pregnancies can become powerful triggers.
- Grief can coexist with fear, anger, numbness, jealousy, guilt or relief. Difficult emotions do not make you a bad person.
- Rituals, memory boxes, naming the baby or marking important dates can help some people; others prefer privacy. There is no required approach.

### A gentle reminder

You do not have to prove that your grief is serious enough to deserve care. Loss is personal. What matters is the impact it has on you.

**Space to Breathe Therapy - Support Hub**  
[www.spacetobreathetherapy.co.uk](http://www.spacetobreathetherapy.co.uk)

## Therapy & support that may help

Therapy is not about taking grief away or making you forget. At its best, it gives you a safe relationship in which the loss can be spoken about, understood and carried with less isolation.

Pregnancy-loss or baby-loss counselling - specialist knowledge can make it easier to feel understood.

Person-centred counselling - space to explore the loss at your own pace.

Couples counselling - useful when partners grieve or communicate differently.

Trauma-informed therapy - may be appropriate following frightening medical experiences or traumatic birth-related events.

You do not have to start therapy simply because you are grieving. Some people are supported well by family, friends, community, reading or peer support. Others value professional help. Cruse Bereavement Support also offers bereavement information, helpline support, groups and one-to-one support in the UK.

### When to reach for more help

Consider speaking with your GP or a qualified mental-health professional if grief is making everyday life feel persistently unmanageable, you are experiencing severe or worsening distress, trauma symptoms are dominating daily life, or you are worried about your safety. If you feel you may act on thoughts of harming yourself, seek urgent help through emergency services or a crisis service.

### A few things that can help between difficult waves

- Reduce expectations on the hardest days. Grief uses physical as well as emotional energy.
- Keep basic needs visible: fluids, simple food, medication, sleep routines and fresh air where possible.
- Choose one or two safe people you can be honest with rather than feeling you must explain yourself to everyone.
- Create a small ritual of remembrance or acknowledgement if that feels right for you.
- Notice triggers and anniversaries in advance and plan extra gentleness around them.
- Allow moments of laughter, interest or rest without treating them as betrayal.

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## Books I would recommend exploring

Books cannot tell you how you should grieve, but sometimes another person's words help us recognise something we have not yet been able to say ourselves.

The Baby Loss Guide

Zoë Clark-Coates

Practical and compassionate support following pregnancy and baby loss.

Saying Goodbye

Zoë Clark-Coates

Supportive reflections for people experiencing pregnancy loss.

Empty Cradle, Broken Heart

Deborah L. Davis

Explores emotional and relational aspects of pregnancy and infant loss.

### A reflection to take with you

What would it mean for my loss to be properly acknowledged - by me, by the people around me, or both?

### From me to you

Please be gentle with yourself. Grief is not a test you pass, a set of stages you complete, or evidence that you are failing to cope. Sometimes the most helpful thing we can do is make a little more room for what is already there. You are allowed to take this one day - or one hour - at a time.

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