

Kids Joining Eternity

KEY POINTS FOR BEREAVED MOTHERS

- Give yourself the time and outlets you need to express your grief, especially since your sorrow may be more prolonged and intense than your partner's.
- Concentrate on your areas of competence as you continue to grieve, allowing the feelings of loss, rather than inadequacy, to come forward.
- Make good self-care a priority. You can take better care of your loved ones if you take good care of yourself. Remember that expressing your grief is an important part of coming to terms with your loss.
- Do not assume that your partner's preoccupation with your health or keeping the household running means that he lacks feelings about the loss. It may simply be hard for him to express his sorrow.
- Acknowledge the difficult feelings aroused by seeing pregnant women and mothers with young children. These are understandable reactions that should diminish with time.

Kuhn, Ingrid and Moffitt, Perry-Lynn with Wilkins, Isabelle. "A Silent Sorrow-Pregnancy Loss: Guidance and Support for You and Your Family." (2000): 23-24.

For more information contact Kids Joining Eternity, Executive Director, Melanie Edwards
melanie@kidsjoiningeternity.org or 405-802-5739