

**Key Points For Coping With Your Loss  
In A Crisis Pregnancy**

- Many parents feel a sense of relief when a difficult pregnancy has ended. Relief doesn't mean you didn't love your baby.
- Discovering that you have an underlying medical problem can leave you angry, especially if you endured bed rest or other stressful interventions. Try to channel your energy into finding the best medical care during your next pregnancy.
- Try not to berate yourself for making decisions about medical care that seemed to pit the mother's interests against your baby's. Balancing these issues is extremely difficult, especially when the outcome is uncertain.
- If you were hospitalized, allow time to regain your physical strength-about three weeks for each week spent on bed rest-and to reestablish your relationship with your partner and any children at home.

Kuhn, Ingrid and Moffitt, Perry-Lynn with Wilkins, Isabelle. "A Silent Sorrow-Pregnancy Loss: Guidance and Support for You and Your Family." (2000): 77.

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