



Speaking from Experience

Losing A Baby: Miscarriage, stillbirth & neonatal death

Transcript for chapter 9 of 9: Words of wisdom

Liz - Try and create as many memories as you can in those early days, keep things, keep cards, keep photos. Even if you can't look at them put them in a box, and put them away because there is a good chance that at some point down the track and it could be years it will become important for you to look back on those things and remember that time.

Annette - I think if someone was a year down the track and still really struggling I would say that they should seek advice, professional help. Go and talk to your GP and explain this to them and don't just let someone brush you off. Get the help that you need to get through this and to be able to get on with it.

Alan - I think I would have been quicker to look for support. I guess I didn't realise the signs as to how upset and alienated I was, and if I'd known what sort of supports were out there I think I would have gone along sooner to talk to other parents who had gone through the same thing.

Natalina - Just don't feel pressured and pushed and really allow yourself time to think things through, make your own choices. Make your own choices; don't let others influence your choices.

Liz - I think too many times we are so worried about other people's feelings, and this is a case where you have to put yourself first and be kind to yourself. And if you find that there is a social situation coming up that you just can't deal with right now, if another friend is having a baby and everyone is going into hospital and you feel that you just can't do that, don't. Don't do it. You don't have to.

Annette - Just people letting me know what they'd done themselves was very helpful. And everyone was different. But I think it made me realise that I'd figured out that what I wanted to do for me was what was best, it didn't matter what it said in a book or whatever else, everyone's different. So you have to figure out what's best for you that helps you cope and make so you feel a bit better about the whole thing or more secure.

Liz - Even if people around you are saying you need to be over it by now, or just have another baby, don't listen to other people expectations. Even if they have experienced a loss themselves, their experience is still different to yours and you need to let yourself grieve in the way it comes out for you.

Anne-Maree - You never get over the death of a child but you learn to live with it and your pain. A lot of people do ask me 'what can I do to stop feeling? It's terrible, I feel like I'm in a black hole. How do I start to get out?' And I say, I can't answer that for you because for everyone it's different, but I can say to you that eventually you will feel different to the way you feel now.