

What are some ways of coping with a miscarriage?

A miscarriage, or spontaneous abortion, refers to the unintentional termination of a pregnancy before the 20th week of pregnancy. Unfortunately, miscarriages are fairly common events, occurring in approximately 15 to 20 percent of all pregnancies.

Miscarriages are often sad and frightening events that can be difficult not only for the mother, but on spouses and other family members. They can lead to feelings of shock, grief and depression.

Dealing with the loss of a baby can be a difficult and lengthy process. Use the following tips to help cope with the loss of a baby due to a miscarriage:

- Do not blame yourself: Miscarriage in the first trimester is an all too common occurrence, and is usually a result of a chromosomal abnormality, not the actions of the mother. Most of the time, there is no medical explanation for the miscarriage. Try not to blame yourself, and focus instead on working through the difficult emotions that you are experiencing.
- Allow time for grieving: The loss of a pregnancy can bring with it powerful feelings of guilt and grief. These feelings may be stronger on the anniversary of the miscarriage or the baby's due date. Grant yourself the permission to mourn the loss of your hopes and dreams for the baby that was lost.
- Talk to others: Now is the time to reach out to friends and family members for support, but try to understand that talking about the miscarriage may be difficult for some people. Consider joining a support group for parents who have experienced the loss of a baby. Talking to others who are experiencing similar emotions can help with your own feelings of guilt, grief and loss.
- Try to stay positive: Just because you have experienced one miscarriage does not mean that you cannot have a healthy pregnancy. Talk to your doctor about any concerns that you have, and continue taking care of yourself to help avoid unnecessary stress.
- Be patient with others: Sometimes friends and family members will make statements such as "don't worry, you will have another child" or "now you have an angel watching over you." Try to understand that these statements are meant to be helpful and that the other person may not realize that they can be discouraging to you.
- Find ways to remember: You may find that activities that mark the life of the lost baby (for example, naming the baby, creating anniversary rituals or holding memorial services) are helpful in coping with grief. Do what feels good and right to you, not what others say you should do.
- Be patient with yourself: Allow yourself enough time to grieve and mourn. A miscarriage is a life-altering event, and it can take days, weeks or even months for the healing process to begin. Take the time to really work through the grieving process and allow yourself to heal at your own pace. However, if you find that after a period of two months or more you are unable to meet the demands of everyday life, talk to your doctor. If you are suffering from depression, he or she can help you to determine a support and treatment plan.

Resources

- Office on Women's Health: www.womenshealth.gov
- The National Institute of Mental Health (NIMH): www.nimh.nih.gov

Here when you need us.

Call: 877-314-5841

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: TARHEELS

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