

Dear Saying Goodbye Team

We hadn't planned to get pregnant, I was desperate to have a baby, but we decided that it would suit us better to wait a bit. A slight mishap with my red and green days, and there it was, my positive test. We were absolutely delighted, our first baby. I suffered awful sickness in the first few weeks, and oh the headaches, but it didn't matter, these were symptoms I had wanted for so long. The 12 week scan was incredible. Our little baby, jumping around for us. Everything was fine, baby was perfect. The 20 week scan came so quickly, and nervously we watched our bean bouncing around, waiting to hear "everything's fine". We didn't want to know the flavour, everything being "fine" was all we needed to know. I can honestly say I had never felt more alive. I chatted to my bump constantly, and felt so excited about our future.

A small bleed at 22 weeks alerted the obstetricians to a much bigger problem. Our little bean had stopped growing and things were not fine. Daily scans and regular stays in hospital got us to 25 weeks, but due to complications they had to deliver. Our beautiful daughter was born, so tiny, too soon. We spent three wonderful hours with her before she drifted away. It's difficult even now to describe those emotions. Such heartbreak yet overwhelming love for something so precious. As I left the hospital, empty handed and broken, I never thought I would feel alive again. I never thought I'd want to.

I'm a very private person, and as much as I can appreciate support groups and bereavement counsellors, I didn't want to share my suffering with other people. It was mine. It was ours. I found Saying Goodbye through twitter. Everything that they wrote touched me, they understood how I was feeling. Through them I was able to accept that things don't always go the way they should, and its okay to feel all the things I was feeling. I wasn't alone, but I didn't need to share anything I didn't feel ready for. Through the voices of others that had suffered I could accept what had happened to our beautiful daughter, and do what I needed to do - say goodbye. Everyday is a battle, with unexpected challenges, but having the wonderful and endless support that Saying Goodbye provides us with allows me to remember the important things and carry on.

AGx