



If you are reading this leaflet, you have just suffered the loss of your baby, or believe a loss is likely.

Whether the pregnancy was planned or not and whether you are in the first few weeks, or full term, this was meant to be the happiest of times and you may now feel overwhelmed, confused and upset.

We are so sorry for what you are going through and hope the following information will be of help and comfort.

Firstly, you are not alone, sadly hundreds of people in the UK suffer the loss of a baby daily, whether this be via miscarriage, an ectopic or molar pregnancy, stillbirth or neonatal loss. An estimated 1 in 4 pregnancies, (around 250,000 in the UK) end in miscarriage every year and a further 4000 stillbirths happen.

The Mariposa Trust

The Mariposa Trust is an international support charity working with anyone who has suffered the loss of a baby during pregnancy, at birth or in infancy. The Saying Goodbye division provides comprehensive advice, information and support via social media, online portals, befrienders and more, and runs the 'Saying Goodbye' baby loss remembrance services at Cathedrals across the UK and globally. If you need support, please contact the team today at support@sayinggoodbye.org

Other divisions include:

Growing You: Support for those who are pregnant following a previous loss.

Waiting for You: Support for those on the path to adoption.

Holding Hope: Support for those having fertility issues.

Love in Every Tear: For all family members and friends who need support when a loved one is going through grief.

 [@sayinggoodbyeuk](https://www.facebook.com/sayinggoodbyeuk)  [@sayinggoodbyeuk](https://twitter.com/sayinggoodbyeuk)

You could also help the charity by fundraising... Could you skydive as part of Jump for Love, Run a 10K, hold a cake sale at work or fundraise in a different way? Email fundraising@sayinggoodbye.org

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Produced by the
 Mariposa Trust



Baby Loss and You

An explanation of baby loss, with a guide for finding the support, advice and help you need.



Miscarriage

Miscarriage is the loss of a pregnancy during the first 23-weeks. The cause of miscarriage is often not identified and it can be hard to prevent. At times this will result in the natural delivery of your baby (whether embryo or foetus) with other tissue and blood, however in some circumstances a level of medical intervention is required, either in the form of medication or an operation. Often miscarriage can be traumatic and people can struggle physically, emotionally and mentally.



Ectopic Pregnancy

An ectopic pregnancy is when a fertilised egg implants outside of your womb, typically in a fallopian tube. This is a serious pregnancy complication and has to be addressed immediately with medication or surgery, as it can be life threatening and have implications for your future fertility.

Molar Pregnancy



A molar pregnancy is where the placenta and foetus do not form properly, and become a growth in the uterus meaning the baby cannot develop. This growth triggers pregnancy symptoms, as well as other symptoms including heavy bleeding and should be treated to ensure the growth is removed.

Stillbirth



A baby born not alive after 24-weeks of pregnancy is termed stillborn. In many cases, the baby is born naturally, though some people require surgery. There is a range of reasons why stillbirths occur, though post mortems reveal around half are due to placental complications. Many hospitals have a bereavement suite, allowing parents who have suffered a stillbirth, to have time with their child.

Neonatal Loss



This is a loss during the first 28-days of life, often due to premature birth, low birth weight, infection or one of a variety of other medical reasons. Your medical team will guide you step-by-step, and answer any questions you have.



Whatever the type of loss you have experienced, it is the loss of your child, your hopes and dreams. The physical, emotional and mental effects of loss, should not be underestimated.

Full information guides can be found at www.sayinggoodbye.org/get-support or simply scan the QR code with your smartphone to be taken to the website.



Recommendations:



Have people with you, whether that be your spouse or partner, parent, sibling or friend, so you are not alone.



Talk through your feelings with your partner, a family member, friend or one of the Saying Goodbye support team at the Mariposa Trust. Talking about your experience and emotions, can be helpful in coming to terms with your loss and grief.



Ask if you do not understand anything you have been told.



Rest. Your body has experienced trauma and needs to stop and recuperate. The more you rest the quicker your body will begin to heal.



Do not struggle in silence. Sadly lots of others have experienced loss and many will be willing to hold your hand through this difficult time, including the Saying Goodbye team.



Understand grief. Grief is a process and it has many stages. It is so important to work through your feelings and pain, as this can prevent further issues occurring at a later date.

So what happens next?



Coming to terms with loss, does not happen straight away. You may experience a range of emotions from upset and grief, to anger, blame, resentment and more. This is completely normal. You may have other children, who are being affected by the loss of their sibling and need support and help. Whether for you, your partner, children, family or friends, the Saying Goodbye team at the Mariposa Trust is here to support.