



**\*URGENT MEDIA RELEASE\***

## **97% OF WOMEN WHO SUFFER BABY LOSS, ARE TERRIFIED THROUGH SUBSEQUENT PREGNANCIES**

Approximately 700 babies are lost each day in the UK during pregnancy, at birth or in infancy, yet baby loss remains a secretive and deeply traumatic experience for parents.

A survey conducted by the Mariposa Trust ([www.sayinggoodbye.org](http://www.sayinggoodbye.org)) a leading charity working in the area of baby loss and bereavement support, saw 224 women share their experience of pregnancy following loss, and it highlighted how support through subsequent pregnancies is crucial.

Key points from the survey:

- 97% of women reported that they were terrified through subsequent pregnancies
- 81% of women were scared until the point that they delivered their next child
- 77% of women reported suffering Post Traumatic Trauma following loss
- 50% of women reported suffering Clinical Depression following loss

Zoe Clark-Coates, Founder, and CEO of the Mariposa Trust, (who has lost five babies) commented on these results “When women suffer the trauma of losing a child, subsequent pregnancies are often filled with terror and dread, rather than being a happy experience. What these results show, is that fear is a fundamental factor in the mental health and wellbeing of mothers, and only by providing targeted support, can we ensure that illness such as clinical depression is minimised.”

Lauren Burton, aged 37 from Southampton, was one of the survey responders and shared her personal experience “Pregnancy post-loss is mental torture. You are constantly scared trying to prepare mentally for the bottom to fall out of your world at any point. I felt like I was walking a tightrope constantly. Each milestone in the pregnancy obviously brought an element of relief, but peace did not return until I had my baby in my arms. Loss basically robs you of peace and joy, and the innocence of pregnancy.”

The Mariposa Trust works with families who have experienced baby loss, and provides vital support via its ‘Growing You’ division, to individuals, couples and families through subsequent pregnancies. It provides advice, information and befrienders to walk alongside people through the darkest of times.

Baby Loss Awareness Week - 9th to the 15th October 2017. This is a time when baby loss charities across the globe, hold events, services, and acts of remembrance, to show the world the impact of baby loss, which sees around 38,000,000 babies lost during pregnancy, at birth or in early years each year. It is also a time to show Government, media and the health service how important this issue is.

The Mariposa Trust provides support via six divisions to over 50,000 people each week, and in just five years has become a leading voice to government, the department of health and the media. Andy Clark-Coates spoke about what has become a global time of remembrance. “Baby Loss Awareness Week is a key time for millions of families around the world. Regardless of where they live, they can connect with others in remembering the babies they have lost. Taking part in global symbolic acts, such as the ‘Wave of Light’ can be therapeutic and make people feel less alone. This is a time where we can all unite and use our collective voice, to say all lost babies matter, and highlight the issue of loss to all of society.”

The Mariposa Trust has launched a charity single for Baby Loss Awareness Week. 'Saying Goodbye,' performed by top songwriter Chris Eaton is a beautiful song talking about loss and hope and serves as a fitting tribute to all babies that are lost. It is hoped that it will become an anthem for all people who have encountered a loss.

In addition, Zoe Clark-Coates has written a new book, also entitled 'Saying Goodbye,' which looks at her personal story of loss, the forming of the charity, and provides a 90-day support resource for people. This is available via Amazon and in all good bookshops.

More information on the Mariposa Trust can be found at [www.sayinggoodbye.org](http://www.sayinggoodbye.org), and all press enquiries should be sent to [press@sayinggoodbye.org](mailto:press@sayinggoodbye.org).

**Editors Notes:**

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