

Normal Feelings After Infant Loss

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- ◆ **Self-blame. Thinking “What did I do wrong?”**
- ◆ **Worry that others might blame you or your family for what happened.**
- ◆ **Unsure about how to tell others what happened.**
- ◆ **Feeling closer to others or having more conflict with others.**
- ◆ **Emotional roller-coasters, feeling very excited about having a baby, and extremely upset by the loss.**
- ◆ **Sadness, depression.**
- ◆ **Jealous of others who are pregnant or have babies.**
- ◆ **Feeling bothered by other people’s comments, even though they mean well. Comments might include: “You are lucky you have another child”, “You’re young, you can always have another”, “Be thankful of the time you had”, “Heaven needed an angel”.**
- ◆ **Afraid of getting pregnant again or wanting to get pregnant as soon as possible.**
- ◆ **Emotional ups and downs from hormonal changes in your body.**
- ◆ **Questioning or anger toward religious or spiritual beliefs.**
- ◆ **Wanting to over-indulge, spoil, or over-protect a surviving child.**
- ◆ **Feeling distant from or closer to a surviving child or other family member.**
- ◆ **Feeling isolated from others who “don’t know what to say”.**
- ◆ **Sometimes a single parent’s grief or a father’s grief is not given as much attention. All people’s feelings are equally important.**
- ◆ **Speaking to a grief counselor can help with difficult feelings and emotions.**