

Pregnancy loss

The death of a child is one of the most painful experiences a mother and father can go through. Fetal death is a sad reality for many families, which are very emotionally affected. This document provides information on how you can support parents who have just experienced the loss of a baby.



Stages of the grieving process

The first step is to understand that a mother and a father can go through various stages after the loss of a baby. Knowing these stages can help you find the best way to provide support.

- **Denial:** They may go through brief periods of forgetting what happened or just can't wrap their heads around the fact that it really happened.
- **Guilt:** Moms go over and over what they could have done differently to prevent the loss of the baby.
- **Anger:** They are overcome with a sense of injustice and may become angry with anyone around them.
- **Depression:** After passing the previous stages, depression can arrive. Some of the symptoms could be: loss of interest or loss of pleasure in daily activities, changes in eating or sleeping habits, difficulty concentrating and making decisions. If these symptoms persist or worsen, you may recommend that they see a professional to get the help they need.



- **Longing:** Mothers and fathers begin to desire to be with their loss baby. They wonder how the baby would look like today and what she or he would be doing if were with them.



Recommendations to help

1

Be supportive: The best thing you can do is just be there and be supportive. It's hard to understand exactly what parents are going through, but getting your support will help a lot. Families need the most loved people around them; spending time with them or calling them is beneficial.

2

Listen: Show your support by listening to them; this includes hearing them repeat many times "what would have happened if so-and-so..." if there had been..." Allow them to speak and feel heard.

3

Be attentive: Pay attention to changes and be attentive while they talk to you about the loss.

4

Convey reassurance: Let them know that you will be there to support them through these difficult times. It is also necessary to tell them that all those emotions they feel are normal and that they are part of the process. Also, remind them that it is healthy to allow themselves to cry, share their emotions with others, and give themselves time to heal.

5

Offer help: A situation as complicated as the loss of a baby can make them not interested in carrying out basic tasks. You can offer to help them with these tasks.

6

Encourage communication: Some parents will isolate themselves and insist that they want to be alone. Don't push them, but try to encourage open a conversation, so they can express their feelings.

7

Acceptance: After a while, they will go into the acceptance stage, and although they always will remember the pregnancy lost, but that they can and will continue with their regular routine.

Seek Professional Help

Sometimes it is appropriate to seek professional help. If after a few weeks the symptoms continue, it is advisable to contact a mental health professional to manage the grief.



Social and Emotional Aspect

For tips, tools, and resources on how you and your family can deal with the emotional and physical concerns of pregnancy loss, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

Customer Service: 1(844)347-7800

APS Healthcare

787-641-9133

References:

<https://www.cdc.gov/ncbddd/spanish/stillbirth/facts.html>

<https://espanol.breastpumps.byramhealthcare.com/blog/2018/10/05/support-pregnancy-loss>

<https://www.plannedparenthood.org/es/planned-parenthood-pacific-southwest/apoyo-en-caso-de-aborto-espontaneo-anomalia-y-muerte-fetal>

<https://americanpregnancy.org/es/getting-pregnant/pregnancy-loss/miscarriage-surviving-emotionally/>

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