

Sunflower Postpartum Care

SUPPORT FOR BABY AND MOM

# JESS KIMBALL'S GUIDE TO PREGNANCY AND INFANT LOSS



THE CELTIC SYMBOL FOR MOTHERHOOD. AFTER MY FIRST PREGNANCY LOSS I HAD THIS SYMBOL TATTOOED ON MY WRIST TO REMIND ME THAT I CARRIED A BABY IN MY WOMB, THAT I AM STILL A MOTHER EVEN IF MY BABY NEVER CAME EARTHSIDE.

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I held you every  
second of your  
life.

- Stephanie Paige Cole

## TIPS FROM THOSE WHO LOST A BABY:

1. It is going to take some time for the shock to wear off. Once it does the real grieving begins. It might seem like everyone has moved on, *you do not ever have to move on.*
2. Light a candle. Every year on the anniversary and birthday light a candle.
3. Share what you feel comfortable sharing, but do not feel obligated to give anyone an explanation.
4. Talk about and TO your baby.
5. Spend time in fresh air. I don't know what it was, but during my loss I found great peace sitting outside with an acquaintance discussing what had happened.
6. Facebook can suck. People can suck.
7. Eat and shower. These were very hard for me. I wanted to stay on my couch and sleep life away, but please take care of yourself.



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8. Get angry. It means you're feeling, but you might go a little numb at times. Scream at the top of your lungs, punch your pillow, you are allowed to FEEL.
9. You don't move on, you move forward with it.
10. You are allowed to feel scared; of not getting pregnant again or of getting pregnant again, *you are allowed to feel whatever you feel.*
- 11.

# IF YOU BELIEVE IN SPIRIT BABIES, THIS PART IS FOR YOU.

TrulyMedium.com states, "What happens when the spirit cannot manifest (the mother does not become pregnant again or is unable to carry to term)? The spirit stays with the mother (in the auric field), until such time that she returns home.

Essentially ladies, our babies never leave us. "

### **From "Love From My Baby":**

"If you have had a miscarriage (or even an abortion or still-born) it is MOST LIKELY that the soul of that baby will return in a subsequent pregnancy. For frame of reference, I had 2 miscarriages before my first son was born and I KNOW he was the same soul in all those pregnancies. These days he comes up with stories on why he chose to



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go away and then come back later. If you've suffered a loss, it was the loss of a body and NOT the loss of a soul. That baby can and will come back if you want. (This one is so important and they REALLY want you to know this so there is less suffering.)”

- <http://lovefrombaby.com/2013/06/28/what-all-spirit-babies-want-their-mamas-to-know/>

Regardless of your beliefs, I think there's comfort in these quotes.

## RESOURCES:

1. Hotline: (1-888-493-0092)
2. <https://www.mymiscarriagematters.org/resource-center.html>
3. <http://www.marchofdimes.org/>
4. <http://stillbirthalliance.org/>
5. <http://www.miscarriageassociation.org.uk/>
6. <https://www.sands.org.uk/>
7. <https://www.compassionatefriends.org/>
8. <http://www.climb-support.org/> - for the loss of multiples
9. <https://www.compassionatefriends.org/>
10. <http://www.handonline.org/>
11. <http://www.ectopic.org.uk/>

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12. <https://www.tommys.org/>
13. <https://www.thelifeididntchoose.com/>
14. <https://www.babyloss.com/>
15. <https://www.miscarriagesupport.org.nz/>
16. Parents or other family members who have experienced the loss of a baby between conception and the first month of life can receive a free March of Dimes bereavement kit by contacting:  
<https://www.marchofdimes.org/non-use/bereavement-kit-form.aspx>



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# LOCAL SUPPORT GROUPS:

- Please call the Dartmouth Hitchcock Women's Health Resource Center for upcoming support groups.

# WHAT TO EXPECT:

## - PHYSICALLY:

- First-trimester pregnancy losses that don't involve a D&C may include large blood clots, possibly the size of golf balls. You may pass tissue fragments and a recognizable gestational sac or embryo. Your cramping may be heavy and you may need a painkiller. You may continue to feel pregnancy symptoms during the bleeding, but they should begin to fade. The bleeding will probably last one to two weeks and your period should return within two months. If you miscarry naturally in the second trimester, you are likely to go through a recognisable process of labor and you will



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probably need hospital care. However, some women don't have clear signs of labor and may deliver quickly at home.

- You may or may not experience vaginal bleeding after having a D&C or D&E. Your doctor will probably prescribe a painkiller to help you get through any cramping. He may also prescribe antibiotics and/or a medicine to help the uterus stay contracted to minimize bleeding. Most women are able to resume normal activities within a day or two after the procedure, but you may need to avoid tampons and sexual intercourse for about two weeks.
- If you had a stillbirth, you may have been medically induced. In the days following your loss, you may pass large blood clots and may have lower abdominal cramping. You may need to use a peri-bottle after using the bathroom and you may have very low physical stamina for a few days. You may find yourself dealing with breast engorgement and a more difficult hormonal crash, which might feel like it intensifies the emotional aspects of your loss. Be easy on yourself and give yourself time to recover. As with earlier losses, you will probably be advised to avoid sexual intercourse for a period of time.

## - EMOTIONALLY:

TIMELINE: THE LENGTH OF TIME IT TAKES TO PROCESS THIS IS DIFFERENT FOR EVERYONE. TAKE ALL THE TIME YOU NEED.

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### 1. SHOCK/DENIAL

### 2. ANGER/GUILT/DEPRESSION

### 3. ACCEPTANCE

- Some women even experience physical symptoms from their emotional distress. These symptoms include:

1. fatigue
2. trouble sleeping
3. difficulty concentrating
4. loss of appetite
5. frequent episodes of crying
6. broken or suffering relationships with family or friends
7. self-harm/suicidal attempts or actions

You can help your relationship to survive by:

1. Being respectful of and sensitive to each other's needs and feelings.
2. Sharing your thoughts and emotions by keeping communication lines open.
3. Accepting differences and acknowledging each other's coping styles.

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**NATURAL MANAGEMENT (ALSO CALLED EXPECTANT OR CONSERVATIVE MANAGEMENT):** LETTING NATURE TAKE ITS COURSE

**MEDICAL MANAGEMENT:** USING MEDICATION TO BEGIN OR SPEED UP THE PROCESS OF MISCARRIAGE

**SURGICAL MANAGEMENT (ALSO CALLED SMM):** AN OPERATION TO REMOVE THE PREGNANCY

## CALL YOUR DOCTOR:

- Severe cramping that doesn't stop, or any cramping that lasts more than two weeks
- Heavy bleeding (soaking more than two maxi pads per hour for two hours or more), or any bleeding that lasts more than two weeks
- High fever and/or chills
- Foul-smelling vaginal discharge

**It is not  
your  
fault**

Miscarriage  
is caused by  
stress.



Having heavy  
cramps can  
cause a  
miscarriage.

Use of  
contraceptives  
can lead to  
miscarriage.



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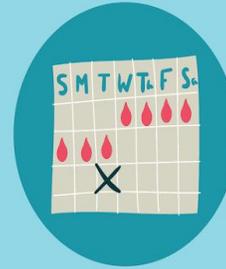
## What to Know About a Chemical Pregnancy



Occurs well before the fetus can be visibly detected on an ultrasound



Chromosomal abnormality results in the body naturally terminating the pregnancy



The loss may occur about a week after your regular period was due



No real symptoms, but a woman may experience cramping



Chances are high that next pregnancy will be normal

verywell

I MAY HAVE ONLY  
*held you*  
IN MY  
♥ *womb*  
for a moment  
BUT I WILL *hold you*  
*in my heart*  
forever.



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This is...



a different pregnancy  
a different baby,  
a different story, with  
a different ending.

~Lindsey M. Henke

AFTER MISCARRIAGE,  
THE BODY GRIEVES. DEPENDING  
ON THE LENGTH OF PREGNANCY  
THE BODY MAY CONTINUE TO  
LOOK PREGNANT AFTER  
IT'S NOT. LIVING IN A  
NO-LONGER-PREGNANT  
BODY — LONGING TO BE,  
LOOKING LIKE YOU ARE —  
IS A COMPLEX ASPECT  
OF PREGNANCY LOSS THAT  
GETS LOST IN CONVERSATIONS  
SURROUNDING GRIEF.

