



# SUPPORTING BEREAVED PARENTS

## ***All Loss Matters***

Termination - Miscarriage - Loss of Fertility  
-Death of a baby or babies in multiple pregnancies -  
Stillbirth - newborn Death - SUDI - SIDS



*Rebirthing  
with Emily*

# THIS BOOKLET INCLUDES

Information for bereaved parents  
and their support team.

**It's okay not to be okay.  
All loss matters.**

Grief is a process and is different for everybody, how you cope with grief may be very different to how your partner or family members cope and that's okay. there is no timeline for grief it can take months, years or even decades after loss.



# BE GENTLE AND KIND TO YOURSELF.

## Types of loss

- Termination
- Miscarriage
- Loss of fertility
- Death of a baby or babies in multiple pregnancies
- Stillbirth
- Newborn Death
- Sudden unexpected death of infancy (SUDI)
- Sudden infant death syndrome (SIDS)

## Symptoms of Grief include

- Shock
- Sadness
- Disbelief
- Guilt
- Shame
- Anger
- Anxiety

**Grief affects everybody differently and you may feel a few or all of these symptoms or even depression or emotional outbursts. It is important seek help and support from a professional.**

# THE 7 STAGES OF GRIEF

## 1. Denial

This is a common coping mechanism that helps to numb your feelings of the situation by pretending it didn't happen. Through this stage it allows the person to process what has occurred.

## 2. Anger

Denial is also considered a coping mechanism for hiding the emotions and pain being experienced. When someone lashes out in anger, it is usually a reaction of an underlying trauma for them but not all will experience this.

## 3. Bargaining

During this time feelings of helplessness and vulnerability will come up and they will start to question the what ifs and if only scenarios.

## 4. Depression

This is the silent part of grief. People will often withdraw themselves and isolate themselves, not wanting to go out or have visitors. Other things such as brain fog, confusion and the feeling of being overwhelmed are also common during this time

## 5. Upward Turn

They begin to feel more calm and like themselves again. They are able to talk and share more and feel more present. They can see the light at the end of the tunnel.

## 6. Reconstruction

They begin to put the pieces of their life's back together and start making plans.

## 7. Acceptance

Acceptance is when they can find a way to move forward. There will still be sadness around anniversaries and special occasions but they can cope better.

# SUPPORT



# RESOURCES

## REDNOSE

REDNOSE Greif and Loss have over 40 years experience supporting grieving individuals and families.

They have a support Library for parents, family and friends, professionals and peers.

They also have a 24/7 support line.

1300 308 307

There is also a Live chat available.

<https://rednosegriefandloss.org.au>

## Children's health Queensland Bereavement Support Program

Based in Brisbane this program offers a range of free services to families whose child has died.

These include... Counselling, A quarterly newsletter, Invitation to the annual LCCH 'Remembering Ceremony', useful information for parents and their families and peer and social events.

1800 080 316 or 07 30682392

[bereavement.ppcs@health.qld.gov.au](mailto:bereavement.ppcs@health.qld.gov.au)

## BEARS OF HOPE

Bears Of Hope provide support for families who experience loss of their babies during pregnancy, birth or infancy.

They offer grief workshops, group support and individual Counselling.

<https://www.bearsofhope.org.au>

## Precious Wings

Precious Wings provides a memory box to families to seek comfort for grieving families when they have lost a baby at any age or gestation.

[info@preciouswings.org](mailto:info@preciouswings.org)

## Eva's Place Pregnancy & Early Parenting Support Inc. - Toowoomba

Evas Place supports pregnancy loss including post abortion and miscarriage soon after the event or years later. They are a non for profit and are dedicated to supporting women. They also offer support in early parenting.

[info@evasplace.org.au](mailto:info@evasplace.org.au)

(07) 4642 1910

# ONLINE SUPPORT GROUPS



# OTHER RESOURCES

## ***Facebook Groups***

- Still birth and infant loss support group
- Abortion and Grief support group
- Miscarriage Support
- Lockyer Valley Mums
- Mothers of Somerset Region

## ***Books***

Still a mum by Meagan Donaldson

They were Still Born by Janel C. Atlas

You are the Mother of all Mothers By Angela Mille



## ***Podcasts***

- Little life, Big Loss
- Sudden
- Still a part of Us

## ***Instagram***

@Stillbirthfoundation

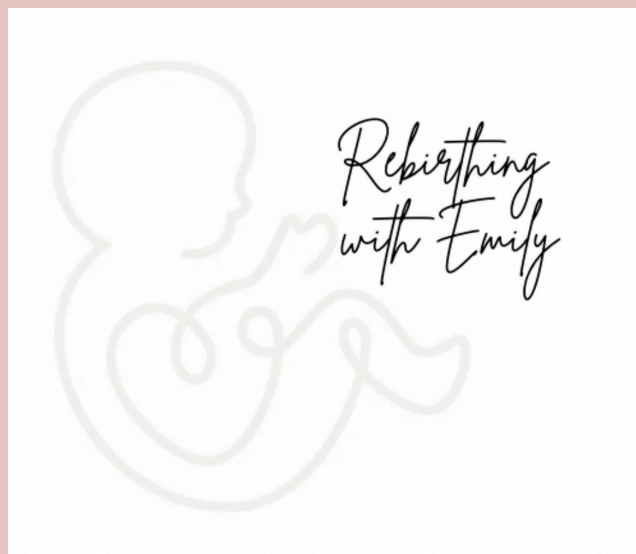
@pinkelephantssupport

@still\_aware

@stillbirthfoundation

I hope that the information provided was able to help you and or your loved ones through an incredibly challenging time.

Please Reach out for further support.



Email me at [info@rebirthingwithemily.com.au](mailto:info@rebirthingwithemily.com.au)  
Or Check out my website and socials

<http://www.rebirthingwithemily.com.au/>  
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