

PREGNANCY & INFANT LOSS

A Love That Will Always Matter

Heartbreak • Remembrance • Gentle Care • Hope

Your baby matters.
Your love matters.
Your grief deserves
tenderness.



Pregnancy loss, miscarriage, stillbirth, and infant loss can bring heartbreak that is difficult to put into words. You may be grieving your baby, the hopes you carried, and the future you had begun to imagine. There is no “small” loss when love is involved.

You are not alone. You are not broken.
You are grieving someone deeply loved.

1 UNDERSTANDING THIS UNIQUE GRIEF

- Love can begin long before birth.
- Your baby belongs in your story.
- There is no right or wrong way to grieve.
- Grief may return in waves or quiet moments.

2 FEELINGS YOU MAY NOTICE

- Shock, sadness, numbness, anger, or guilt.
- Longing to speak your baby's name.
- Fear about the future or another pregnancy.
- Physical and emotional grief overlapping.

3 TENDER TRIGGERS

- Due dates and anniversary days.
- Holidays, family gatherings, and milestones.
- Pregnancy announcements or seeing babies.
- Questions or comments that feel hurtful.

4 BE GENTLE WITH YOURSELF

- Rest when your body and heart need it.
- Set limits when conversations feel too painful.
- Take one small day at a time.
- There is no timetable for this grief.

5 WAYS TO REMEMBER YOUR BABY

- Speak their name or write a letter.
- Keep a keepsake or create a memory box.
- Light a candle or plant something in their honor.
- Choose what feels meaningful to you.

6 SUPPORT & CONNECTION

- Talk with a trusted friend or family member.
- Seek a pregnancy- or infant-loss support group.
- Consider counseling or spiritual support.
- You do not have to carry this alone.

7 CARING FOR RELATIONSHIPS

- Partners and family may grieve differently.
- Different grief styles do not mean less love.
- Make room for honest, gentle conversations.
- Ask for what you need when you can.

8 HOPE FOR TOMORROW

- Healing does not mean forgetting.
- Your love will always have a place.
- Joy may return without guilt.
- You are allowed to live and still remember.



MOURNING DISCOVERIES

Compassionate Grief Support, Education & Guidance
Your baby matters. Your love will always have a place.

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