

After My Miscarriage



Don't tell me, "You can have another baby." How do you know? Besides, I want this baby.

Don't tell me, "at least it happened before it was born. It's not like you knew the baby." I *did* know my baby. For the short time s/he was with me, I loved my baby with all my heart. I had hopes and dreams for this baby. I had names picked out and a theme for the nursery. I *knew* my baby was going to be a very special person.

Don't tell me, "It's just one of those things." It was *not* just "one of those things" from my viewpoint. Miscarriage has had a devastating effect on my life, and making it sound as though it was an unimportant event does not lessen the impact.

Don't tell me, "It's common," or "It happens to a lot of women." This happened to *me*, and all I want is to have my baby back.

Don't tell me "It was just a blob of tissue." In my heart and in God's eyes, I know I was carrying a living being inside me from the moment s/he was conceived. Please don't trivialize my beliefs or that precious life.

Don't tell me, "You should be over it by now." Even though the physical effects may have subsided, I am still hurting emotionally. My child has died, and it takes much longer than a week or two to recover from that pain.

Don't tell me, "You'll get over it." The miscarriage was the death of my child. I will *never* "get over it." The pain and grief will eventually lessen, but I will always wonder what my child would have been like. Every should-have-been birthday, and every anniversary of the miscarriage will be a reminder.

Don't tell me, "You should get pregnant again as soon as possible. That'll help." Help what? I need time to grieve the baby I have lost. I can't even begin to think about getting pregnant again at this time.

Don't tell me, "It won't happen again. The next time will be fine." Again, how do you know? My second pregnancy ended in miscarriage also, even after doctors said there was no reason it wouldn't be successful the second time around.

Do listen to me when I want, or need, to talk about what I am going through.

Do be sensitive to the fact that I probably won't want to hear about your pregnant friend/neighbor/cousin/daughter, or about your new grandchildren or nieces and nephews for a while.

Do give me time to grieve. Some days I may need your shoulder to cry on after everyone else thinks I should be "okay" by now.

Do understand that there are "milestone days," such as the expected due date of the time I should have felt the first kick, when I will be feeling the loss as deeply as when the miscarriage occurred. I will need your support then.

Do know that I am like any other person who has experienced the death of a loved one. I may not feel like talking when you come for a visit, or I may do things you may think inappropriate - such as clean the house - just to have something to do so I don't have to think. Be patient with me.

Do show care to others who have experienced miscarriage. Treat their loss with the same respect and love you would give if they were suffering the death of any other loved one.

Do let those of us who are going through - or have gone through - a miscarriage know that we are not alone. Send a note or make a phone call to let us know you're thinking of us, especially on those difficult "milestone days." Sometimes we feel that we're the only ones who remember, and it's nice to know that our baby was important to you too.