

Mai Fafago/Ma’l fafano

Whakatahe

Early Loss

(Under 12 weeks gestation)



In New Zealand, Early Loss (miscarriage) is defined as a pregnancy that ends spontaneously before 20 weeks gestation. Here at Baby Loss NZ, Early Loss is defined as a baby that has died between conception and 12 weeks gestation. Early Loss may result in some or all of the following things:

Physical pain (cramping/contractions)	Emotional pain	Continued bleeding
Guilt	Tiredness	Blame
		Lack of energy

Practical things that may help:

Wheat bags/hot water bottles for cramping/contractions and after pains

Pain killers/medication

Someone to help with siblings/cooking/cleaning. Although you may find it difficult, try to accept any help that is offered especially in the first few weeks. You need time to heal physically and emotionally.

Thinking about if you would like your baby's remains to bury somewhere significant. Often this is a planter which can easily be taken with you if you should move. Many plants have names/meanings that can be very significant. You could talk to your local garden centre or search on the internet for plants with specific names/meanings.

Thinking about naming your baby. Some babies are born so early that sex cannot be determined. This does not mean that you cannot still name your baby. There are many unisex names and a quick internet search can help here.

Collecting memories – your pregnancy test, a scan picture if you had one, writing a letter to baby, holding a memorial service and taking pictures are ways of creating memories that last. Our Early Loss packs contain a teddy bear, footprint seed card and key ring. You could make a little memory box to place these things in. Was there a certain CD you listened to while you were pregnant – if so, a copy could be kept.

Grieving:

We say that there are no gradients in grief. Whether your baby died at 4 weeks, 14 weeks, 24 weeks, 34 weeks or at full term – you have a baby that has died. Hopes and dreams are shattered. Plans for your future have been changed – not by choice. Your grief is your own and no one should tell you how you should feel/how long you should feel that way. Allow yourself the time to grieve for your baby, allow yourself to feel how you are feeling and find people who accept you for who you are right now. You do not need to do this alone.

For the Dads:

Many fathers have told us that they did not feel a bond with their baby until they felt that first kick and sometimes not until they held their baby in their arms. With an early loss, men don't get these opportunities and therefore often don't feel that bond with their baby. Their grief may be quite different. Each parent is entitled to their own feelings and should try to respect the other's feelings. Talking, holding each other cannot only help you to learn to live with your grief but often brings you closer as well.