

My Journey Through Pregnancy Loss

A story of love, loss and survival

Living in Innocence



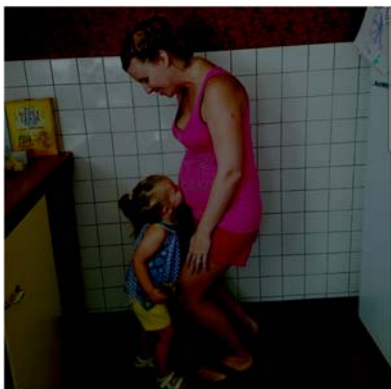
Missed Miscarriage

My lifeless baby, only measuring 8 weeks 3 days at the NT Scan done at 12 weeks



Blissfully Unaware of Reality

My 2 year old daughter ecstatic to spread some love to her baby sibling.



Baby clothes shopping for a baby we'd never get to meet.

Before and After Devastation hit



The divide of life as I knew it.

The image on the left is days before finding out the baby had no heartbeat. The image on the right is approximately 1 week after the last d&c I needed for that pregnancy

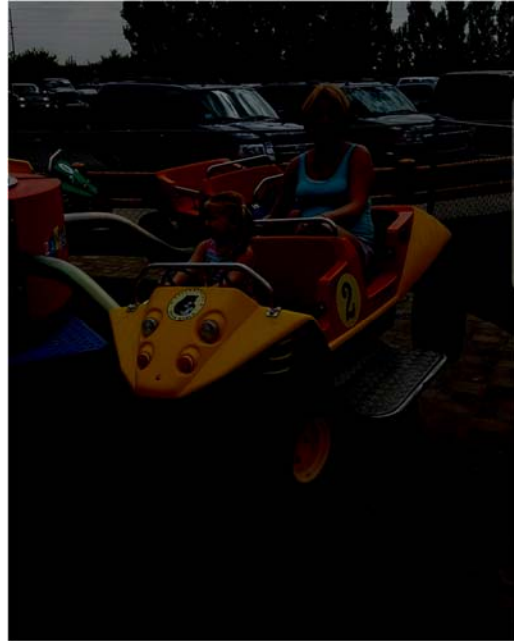


What Made the Difference

The quilt square that was meant for someone much further along. For me it meant not leaving the maternity ward completely empty handed

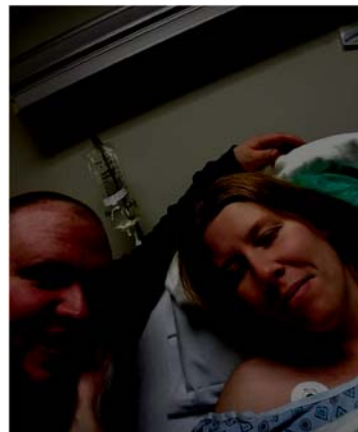
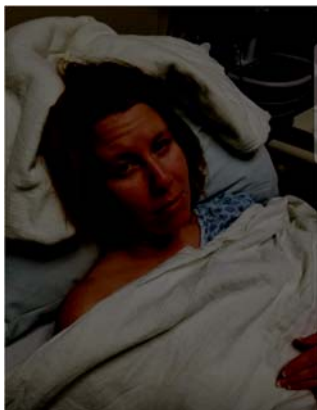
Blaming Yourself

What went wrong? Was it the little kiddie ride I rode on with my two year old?



Saying Goodbye Again

Feeling as if I'm reliving a nightmare



Always my rock through everything

Coping With Grief



Ray of Hope For Bereaved Parents

A support group for anyone seeking support in coping with the struggles caused by pregnancy and infant loss.

Ray of Hope for Bereaved Parents

Support Meetings
Support and comfort for parents who are grieving loss of a pregnancy or a stillborn.


When
First Tuesday of each month, 8pm

Location
Westminster Presbyterian Church
17 William Street
Andover, MA 01810
Phone (978) 931-8331

Facilitator
Kathy Harty

For more information
kathyharty@comcast.net
kathyharty@rayofhope.org

Ray of Hope
For Bereaved Parents



Support and comfort for parents who are grieving loss of a pregnancy or a stillborn.

Ray of Hope for Bereaved Parents

Facilitator: Kathy Harty, trained grief counselor, mother of two, & bereavement counselor. She has lost a stillborn.

Fetal Loss Definitions

Medical Death - any pregnancy loss or infant death.

Medical Bereavement - medical bereavement of a pregnancy by notification or provision for parents, caregivers, & partners of their anatomical or medical condition.

Stillborn - the loss of a pregnancy due to natural causes after the 20th week of pregnancy which results before delivery or during delivery.

Stillbirth - the loss due to signs of life, regardless of the duration of pregnancy.

Miscarriage - the death of a foetus within the 19th week of life.

Miscarriage

Miscarriage occurs in 15-20% of all diagnosed pregnancies and usually occurs between 1 and 24 weeks. Approximately 70% of babies born after 12 weeks. Miscarriage is actually a delivery. Your uterus contracts and your cervix opens which lets your baby or embryo, bleeding or clotting, it may be a fetus or girl. It may happen suddenly if you were pregnant but not concerned for it, or you may have a D&C (dilation and curettage) procedure, in which your doctor/gynecologist will scrape the lining of the uterus. Medication may also be used. These procedures may be done to prevent prolonged bleeding and infection. After the loss of a pregnancy, it takes the body several weeks to return to normal.

Some symptoms you may experience are:

1. Bleeding or spotting for several days
2. Bleeding or clotting for weeks or more
3. Breast tenderness, your milk may come in which may cause engorgement and leaking of milk
4. Repeat heavy bleeding, hot spots, or fever to you later

Frequency Loss

Although many women experience a pregnancy loss, your loss has a unique impact on you and your family. Knowing many other women and families have experienced a similar loss provides much comfort, but know that you are not alone.

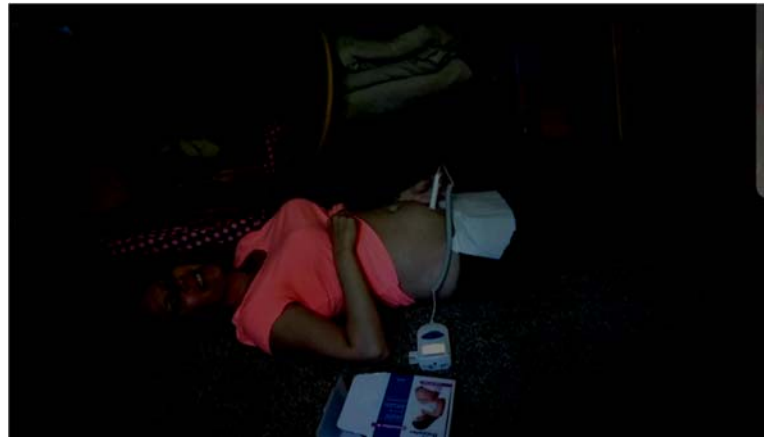
Who was your baby, your hopes, your dreams, memories to be held in your heart and mind. When you feel about the loss of your pregnancy is all. What a mother feels about her child is different from what her partner feels. That is OK, too.

There may be times after pregnancy loss when you feel your baby, forgetting that you are no longer pregnant. Some experiences might include, a sense of emptiness, sadness, or mood fluctuations. These feelings can last for weeks or months. Talk to your health care provider about your symptoms if you are having a hard time coping with emotional distress.

Your partner may also experience a sense of loss. Partners of women who have experienced miscarriage or stillbirth sometimes feel left out because attention is centered around the physical and emotional needs of the mother. Sharing your feelings with your partner and encouraging him or her to share his feelings will help you both to understand each other's grief. You will both experience grief in different ways and at different times. Try to be understanding of each other.

Anxiety With Pregnancy After Loss

Listening to my son's heartbeat on a home doppler because I couldn't wait 4 weeks between appointments.

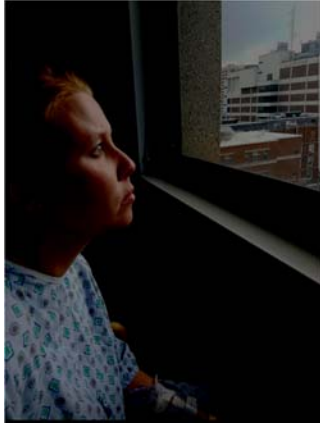


When Anxiety Turns to Reality

ER visit at 16 weeks pregnant, first
hemorrhage.

The Only Thing Stronger Than Fear Is Hope

Admitted August 21st 2018 at 23 weeks 6 days



80 consecutive days hospitalized for
hemmoraging

Sympathy vs Empathy

It makes all the difference

