

Helps for Mothers—The Early Days

After the death of a baby, you will go through a varying range of emotions. In the early days life will seem bleak and it will appear that there are no answers and no way out. Grief often brings with it uncertainty and instability. Some days, just getting out of bed will be a chore. When this is the case, you may find it useful to have a lot of practical help. Before you begin the painful process of recirculating in the land of the living, see if you can have someone else attend to the regular errands.

Shopping is often upsetting for both parents and siblings after the death of a loved one. Seeing others getting on with their life is a painful reminder to the family that *life* is continuing for everyone else while you are stuck in some sort of limbo. The bereaved have an urge to shout out to the world, 'My baby has died. Don't you care?' The world just passes by and you have to watch others joyfully go about their business. This hurts.

Running into people at the shops who may not know your baby has died brings with it fresh pain as you explain to them of your loss. Some people do know you have lost the baby, and their discomfort makes them wish to avoid you. It is difficult seeing others going about their lives when your life has changed forever.

In the early days I couldn't even walk through Coles without crying. Each aisle held new pain for me. Everywhere I turned there were pregnant women or babies. I stood transfixed, unable to look away from them. I had an obsession with wondering if their babies would be born alive.