

Below are some common thoughts and feelings that many grieving mothers share.

Grief is a very important part of the healing process—please let us be sad when we need to be. We have to mourn our losses.

When you lose a child, there's really nothing anyone can say to ease your pain.

I will never be the same person again; once you start on this path there is no turning back, it is with you forever.

Grief disables you. It interferes with normal day-to-day functioning.

Losing a baby is losing a part of you.

I felt emotionally and physically drained; my life was full of sleepless nights and meaningless days.

It made me question everything I had ever believed; the meaning of life and our purpose in it.

Conversations about babies left me feeling like I didn't fit in anywhere—I couldn't take part, my baby died.

I am very conscious of not talking of my loss around pregnant women.

After a baby is born still, we mourn the perfect little person, so beautiful, yet so lifeless, as our mind tries to understand and grab hold of some meaning, some explanation, some control. Our mind struggles with the realisation that we have no influence over death. Life and death are beyond our control.