

A miscarriage is a very real bereavement

Perinatal death is a real bereavement because...

- Attachment to a child begins the moment a pregnancy test is positive.
 - It's not proportional to the number of weeks of pregnancy.
- The parents have dreamed, they have imagined the child and may have already made changes in their lives.
 - As well as mourning the loss of their child, they're also mourning the loss of their imagined future.

The baby's death will necessarily entail a process of letting go of the idea of the child itself, as well as of their parental and family plan.

"When I found out, I told myself it was better that it happened at the start of the pregnancy, especially because it wasn't planned. But, despite everything, I realize it still hurts."

Everyone experiences bereavement in their own way

The bereavement process is experienced in waves. Someone who is grieving will shift between loss oriented and rebuilding oriented behaviours.

This wave-like fluctuation can be a daily occurrence, with constant ups and downs that may be shorter or longer.

While this experience is difficult, it's a sign of healthy grieving. If there is no fluctuation, the person is advised to consult a health professional to talk about their experience and be assessed.

Behaviours oriented towards...

... rebuilding

- Looking after basic needs (eating, sleeping, etc.).
- Taking breaks from the sadness (doing activities, taking action).
- Getting involved in new projects, roles, pastimes, or relationships and building renewed strength.

... loss

- Focusing on the grief and reactions of sadness, anger, guilt.
- Ruminating on or rehashing the events surrounding the death.
- Not feeling like doing anything at all.



Grieving is not linear

People react in several different ways. Grief reactions can:

- diminish over time after the miscarriage,
- intensify in the months following the miscarriage,
- be stable, but still intense, starting from the time of the miscarriage and persisting over time.

All these types of reactions, while they may have different rhythms, are normal.

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