

Tips for Grieving Parents

- Rely on a greater power other than yourself.
- Call the [Share Line](http://www.shareparentsofutah.org/contact_us.html) <http://www.shareparentsofutah.org/contact_us.html> and be added to our mailing list. Even if you're not ready to attend meetings, it's helpful to know it is there and when the meetings are, just in case you change your mind and want to attend at a later date.
- Express each emotion: good and bad.
- Take pictures at the hospital, even if you don't ever develop them.
- Ask any question to the medical staff, and demand answers.
- Avoid making any big decisions for at least one year, and longer if needed.
- Journal the good memories of the pregnancy.
- Write a letter to your babies.
- Make a memory box with pictures, footprints and handprints.
- Make thank-you cards which can double as an announcement.
- Consider funeral services.
- Change doctors to get a fresh start and a new outlook.
- Take time off work – then get back into it with gusto.
- Screen phone calls.
- Read books with helpful information and educate yourself.
- Avoid surfing the web and coming across horror stories.
- Skip baby showers for a while; your true friends will understand.
- Honor anniversaries (i.e. death, due date).
- Lean on your spouse – the experience can make your marriage stronger.
- Remember that men and women might show their grief differently. It's important to remember Dad, even when most of the attention is placed on the mother at this time. Read the National Share brochure called [Father's Grief](http://www.nationalshareoffice.com/docs/trifold_father.pdf) <http://www.nationalshareoffice.com/docs/trifold_father.pdf> for more support.
- Talk openly with your family and friends about your child and your loss.

- Recognize any signs of depression and receive professional help, if needed.
- Be patient with people who say insensitive things. Remember, most people don't understand what you're going through, just like you probably did not until it happened to you. Realize most comments are well-intentioned and try to educate your family and friends how to handle the situation.
- Be patient with yourself and with each other. This experience will change you forever and it will take time to heal.