

## Pregnancy loss

The death of a child is one of the most painful experiences a mother and father can go through. Stillbirth is a sad reality for many families, who are very emotionally affected.



For many parents, stillbirth is a loss that impacts in unexpected ways. In fact, up to half of all stillbirths occur in pregnancies that appear to be uncomplicated. This document provides information on how you can support parents who have just suffered the loss of a baby.

### Symptoms of a Miscarriage

Sometimes there are no symptoms of a miscarriage. In that case, the news would be received after an ultrasound was performed. When symptoms do occur, the most common are: vaginal bleeding or spotting, severe pain in the abdomen, and severe cramping. If you have these symptoms, you should contact your obstetrician-gynecologist immediately.

### Stages of the Grieving Process

The first step is to understand that a mother and father can go through several stages after the loss of a baby. Knowing what these stages are can help you find the best way to provide support.

- **Denial:** They may go through brief periods where they forget what happened or they just can't get the idea that it actually happened.

- **Guilt:** Mothers go over and over what they could have done differently to prevent the loss of the baby.
- **Anger:** They are overcome with a sense of injustice and will be angry at anyone around them.
- **Depression:** After passing the previous stages, depression can set in. Some of the symptoms may be: loss of interest or pleasure in daily activities, changes in eating habits or excessive rest, difficulty concentrating and making decisions. If these symptoms persist or worsen, it's important to contact a mental health professional.
- **Longing:** Mothers and fathers begin to yearn to be with their baby. They wonder what he would look like today and what he would be doing if he were with them.



### Recommendations for Helping People Who Have Gone Through a Pregnancy Loss

1

**Be supportive:** The best thing you can do is simply be present and supportive. It is difficult to understand exactly what parents are going through, but having their support will be very helpful. Families need the most loved people around them; Spending time with them or calling them could be beneficial.

2

**Listen:** Show your support by listening to them; This includes hearing them repeat many times "what would have happened, if such and such..." if there had been..."

3

**Be attentive:** Pay attention to the person's changes and the conversations they have.

4

**Transmit tranquility:** Let them know that all those emotions they feel are normal and that they are part of the process. Also, remind him that it is healthy to allow himself to cry, share his emotions with others, and give himself time to heal.

5

**Offer help:** A situation as complicated as the loss of a baby can make them not interested in doing basic tasks. You can offer your help to carry out these tasks.

6

**Encourage communication:** Some parents will isolate themselves and insist that they want to be alone. Try to encourage open conversation so they can express their feelings.

7

**Acceptance:** After a while, they will move to the acceptance stage, and although they always remember the pregnancy they lost, they can continue with their regular routine.

## Seek Professional Help

Sometimes, it is appropriate to seek professional help. If symptoms continue after a few weeks, it's a good idea to contact a mental health professional to manage your grief.

## Social and Emotional Aspect

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise after pregnancy loss, please visit your primary doctor or contact the following telephone lines:

### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

### Customer service:

1-844-347-7800

### APS Healthcare

787-641-9133

## References:

<https://www.plannedparenthood.org/es/temas-de-salud/embarazo/aborto-espontaneo/como-se-si-estoy-teniendo-un-aborto-espontaneo>

<https://espanol.breastpumps.byramhealthcare.com/blog/2018/10/05/support-pregnancy-loss>

<https://www.plannedparenthood.org/es/planned-parenthood-pacific-southwest/apoyo-en-caso-de-aborto-espontaneo-anomalia-y-muerte-fetal>

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