# Perinatal Loss and Grief

## Tips for navigating grief and perinatal loss:

MATERNAL MORTALITY
PREVENTION IN INDIAN COUNTRY

**Avoid big changes**

- Leave baby things where they are until you're ready to do something with them
- Wait until after you've had time to grieve before moving to a new place or taking a new job

**Ask for help**

- Ask loved ones for help with daily tasks or with loss planning
- Ask hospital social workers for help with home visits, financial assistance, and other resources
- Reach out to mental health hotlines if needed

**Take care of your body**

- Avoid alcohol, nicotine, and stimulants
- Maintain physical activity – short walks, yoga, etc.

**Share your feelings**

- Talk to your Health Care Provider
- Find a grief counselor
- Talk to spiritual/religious leader
- Join a support group

### How to support grieving parents:

- Show compassion and show that you care.
- Acknowledge their traumatic experience and offer space to talk about it
- Validate their parenthood and grief.
- Encourage grieving parents to seek grief, loss, and mental health support.
- Do what you can to help with childcare, household needs, transportation, or any daily tasks.

## Perinatal Loss Support Resources:

**March of Dimes Grief and Loss Support**

- Bereavement Booklet
- Facebook Page
- Online shared stories
- Support resources

**Children's Bereavement Center**

Free virtual support groups

**Postpartum Support International**

Free virtual support groups

**AWHONN Perinatal Bereavement Resources**

Resources for pregnancy loss and grief support services