

You are not alone.
Your baby matters.
Your feelings are valid.



You are not alone.

Stillborn Still Loved Foundation
www.StillbornStillLovedFoundation.org
Email: StillbornStillLovedFoundation@Gmail.com
Join our Facebook Support Group:
Stillborn Still Loved

Life After Loss

Stillborn Still Loved Foundation





What Do I Do?

After losing your baby, you are thrown into a new reality. One that feels so lonely. You feel so disconnected from others and who you used to be. We can't tell you what to do because only you know what your grief looks like. However, here are some things to consider:

- **Connect with the local loss community**

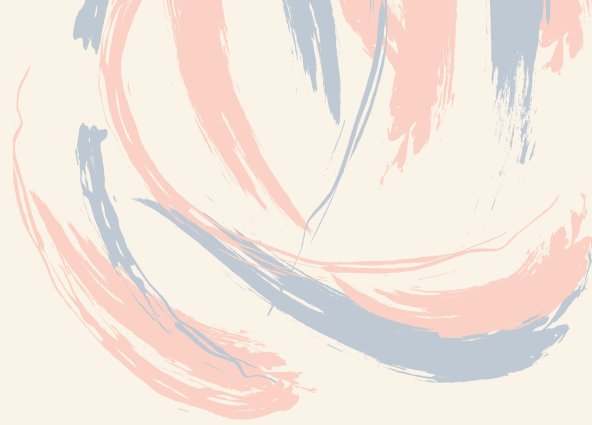
Doing this will make you feel less alone and you will be able to share your baby and your story with people who DO understand.

- **Journal**

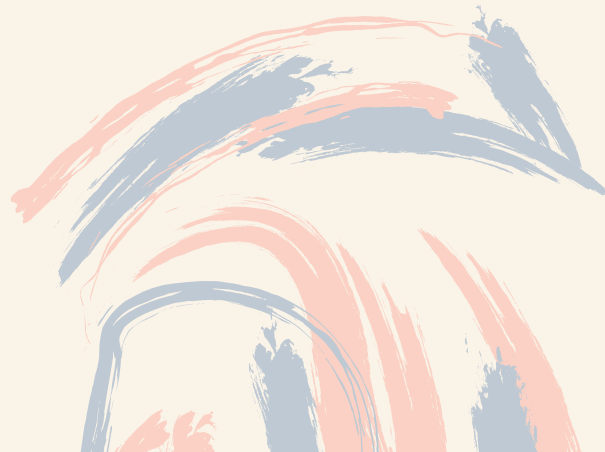
Journaling is an amazing outlet. It also connects you with your grief and your baby on an even deeper level.

- Show **Yourself Love & Compassion**

Treat yourself like you would treat someone else going through this. You love your baby and can only do the best that you can.



Please remember:
It's not your fault.
It's okay to not be okay.
There is no timeline for grief.
There is no right or wrong way to grieve.
You are still a mother.
You are still a father.
You matter.
Your baby matters.



We are so sorry.

Losing your precious baby is one of the most painful losses and we know that pain firsthand. We want you to know that we are so sorry. We also want you to know that you are not alone on this journey. There is an entire loss community here wanting to hold your hand through this journey of healing. The pain that you are feeling is from the love you have for your baby and that love is so powerful. Your baby's life although short has so much impact.

Right now, your mind is probably overwhelmed. You probably aren't sure how you are going to survive this. We want you to know that no matter how you feel, it's okay. This journey has no GPS and you can only do your best at any given moment.

Please know that you are loved.
Your baby is loved.
You are not alone.

