

DOWNLOAD PDF NO CHILD TO HOLD : COPING WITH MISCARRIAGE AND INFERTILITY

Chapter 1 : Coping With Miscarriage & Loss: The Story Of Our Angel Baby - Lattes, Lilacs, & Lullabies

Infertility and Miscarriage can be devastating. This is a very sensitive topic. I know because I've been there. I went through so many pregnancy tests, I started just buying them in bulk.

How can we cope and how can we help others who have experienced a pregnancy loss? Both stillbirth and miscarriage are types of pregnancy loss or fetal demise, but they differ by when the loss occurs. A miscarriage sometimes called a spontaneous abortion is when a baby dies before the 20th week of pregnancy. Stillbirth is the death of a baby after the 20th week of pregnancy but before delivery. How common are miscarriages? How common are stillbirths? Creating a Family has extensive resources on what causes pregnancy loss and the latest treatment. The special impact of miscarriage on those in fertility treatment. Have been trying longer. No assurance that they can get pregnant again. Have spent a LOT of money to get to this point. I think that it is less the case with a stillbirth. How to comfort someone who has experienced a miscarriage or stillbirth? Advantages or disadvantages of providing a ceremony surrounding the loss or a funeral. How to memorialize this loss. How to seek closure without a ceremony? Difference between when in the pregnancy you lost the baby. How long does grief process take? When should you be concerned? When should you seek help? Acknowledging the grief of extended family members. How to know when you are ready to try to get pregnant again?

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Chapter 2 : How do you cope? : infertility

After a miscarriage and a difficult pregnancy, Kate's goals for her personal life and business changed, turning The Noble Paperie into a greeting card company with cards specifically designed to spread hope and joy to those struggling with miscarriage, infertility and pregnancy-related issues.

When the horror of losing a child becomes a reality for you or someone that you love, you want to do something – anything – to help someone who has lost a baby, infant, or child. The path after someone has lost a child seems so fraught with peril, normal comfort measures seem too stupid, too trite for someone who has experienced such a monumental loss. It is up to you to be there for them. Here are some tips coping with after losing a child. Grief is a process. Although parents would wish otherwise, grief cannot be bypassed or hurried; it must be allowed to happen. Parents do not go through grief and come out the other side as before the loss. One approach to understanding bereavement, developed by Dr. Worden, identifies grief not as a succession of phases through which a person passes with little or no control, but as four tasks for the bereaved person: Accepting the reality of the loss: The first task of grieving is to come full face with the reality that the child is dead, that the child is gone and will not return. The opposite of accepting the loss is not believing through some type of denial. Denial usually involves either the facts of the loss, the significance of the loss to the survivor, or the irreversibility of the loss. To accomplish this task, the parent must talk about the dead child and funeral, as well as the circumstances around the death. Working through the pain of grief: It is necessary to acknowledge and work through the pain of grief or it will manifest itself through some symptoms or atypical behavior. Not everyone experiences the same intensity of pain or feels it in the same way, but it is impossible to lose someone with whom you have been deeply attached without experiencing some level of pain. The negation of this second task is not to feel. People may avoid feeling pain by using thought stopping procedures or by avoiding reminders of the child. Many emotions such as shock, anger, guilt and depression may be expressed. The bereaved need to allow themselves to indulge in the pain: Some say it is easier to express emotions with someone who knew the child or who can relate to the experience directly. Parents and other caregivers once consumed with the constant task of meeting the needs of a child are suddenly forced into inactivity. Where responsibility was, is now emptiness. During this adaptation to loss, people can work to avoid promoting their own helplessness by gradually re-forming schedules and responsibilities. Creating meaningful rituals like a special memorial or keeping a journal or writing poetry are helpful components of completing this task. Emotionally relocating the deceased and moving on with life: Survivors sometimes think that if they withdraw their emotional attachment, they are somehow dishonoring the memory of the child. In some cases, parents are frightened by the prospect of having another baby because he or she might also die. For many people, this task is the most difficult one to accomplish. They may get stuck at this point and later realize that their life in some way stopped at the point the loss occurred. Some bereavement experts note the grieving process includes not only the parent adapting to the loss and returning to functioning in their life, but also includes changing and maintaining their relationship with the infant or child. It is normal for parents to report that they having an ongoing relationship with their child through their memories and mental life. No matter how deep your grief and pain, no matter how alone you feel, you are not alone. Factors that may interfere with the grief process: Avoiding emotions Use of alcohol or other drugs Unrealistic promises made to the deceased Unresolved grief from a previous loss Judgmental relationships Resentment of those who try to help Complicated grief is delayed or incomplete adaptation to loss. In complicated grief, there is a failure to return, over time, to pre-loss levels of functioning, or to the previous state of emotional well-being. Grief may be more difficult in younger parents, women, and persons with limited social support, thus increasing their risk for complicated grief. You are not to blame for the loss of your child. The emotions experienced after the loss of a child can range from shock, to anger, to depression and back again. You may feel like you will never be whole again. Many parents grieving the loss of a child have trouble sleeping. Grieving mothers and fathers

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may express their grief differently. A grieving mother may want to talk it out, while a grieving father may suffer in silence. This may cause both parents to feel like they cannot relate to each other. Grieving fathers may seek diversions – extra work or a new project – to cope with the loss of their child, hoping these diversions help them to stop thinking about their grief. They may have a hard time asking for help. It may be especially difficult if one parent works at home, surrounded by the reminders of their lost child. In the first weeks after a baby has died, the day of the week and hour of their death will be the most difficult time. After awhile, it may be the day of the month the child died. If you want to celebrate with family, do that. But make sure you do what is most important to you during those hard days. This will help to give your baby an identity, and it will be comforting to you when friends and family call your baby by name. Later, you will realize how meaningful these hats, pictures, or stuffed animals can be. It may seem an insurmountable thing – to watch your baby die, but parents who have lost children say it is very important to do so if you can. An autopsy may provide some answers as to why your child died and help provide some closure. While many people may not have met your child, having your loved ones with you can be very comforting. This is a chance for public recognition of your baby, a celebration of life. Get into your grief, not out of it – many people want to rush around, keep busy, work harder, to have another baby – all to escape the grief. Your baby will live on forever in your heart and not acknowledging your loss may hinder the grieving process. Take good care of yourself – grieving and loss depresses the mind and body. You may not want to eat, brush your teeth, take a shower, but you need to. Sometimes, the smallest step can make you feel very accomplished. Write it out – write it here, for The Band, or in a private journal, but the act of putting words together in sentences can mean all the difference in the world. There are many support groups available for grieving parents, which you may get from the NICU staff at your local hospital. The journey through grief takes time and much work. The days will become less painful, Admitting to themselves and others that their grief is overwhelming, unpredictable, painful, draining, and exhausting – that their grief should not be diminished or ignored. Allowing themselves to be angry and acknowledging that they are vulnerable, helpless, and feeling disoriented. Trying to understand that to grieve is to heal and that integrating grief into their lives is a necessity. Acknowledging the need and desire to talk about the child who died as well as the moments and events that will be missed and never experienced with the child. Deriving support from religious beliefs, a sense of spirituality, or a personal faith. Expressing feelings in journals, poetry, prayers, or other reflective writings or in art, music, or other creative activities. Trying to be patient and forgiving with themselves and others and refraining from making hasty decisions. Counting on, confiding in, and trusting those who care, listen, and hear, those who will walk with them, and not be critical of them, those who will try to understand their emotional and physical limitations, while also trying to understand and respect the limitations of their caretakers. Increasing their physical activity and maintaining a healthful diet. Volunteering their services to organizations concerned with support for bereaved parents. Obtaining help from traditional support systems, such as family, friends, professionals or religious groups, undergoing professional counseling, joining a parent support group, or acquiring information on the type of death that occurred as well as about their own grief. Reassuring themselves and others that they were and still are loving parents. Letting go of fear and guilt when the time seems right and the grief seems less. Accepting that they are allowed to feel pleasure and continue their lives, knowing their love for the child transcends death. When faced with the loss of a child, many people are afraid to say the wrong thing, so they say nothing. This is a mistake. Many people are afraid to bring up the deceased child, fearing it will open wounds and raw feelings. It will be cherished by the grieving parents. Send a card when you learn that your loved one has lost a child. They will hold onto these keepsakes for a long time. Simply knowing that they have someone patiently there with them can make all the difference. Not all grief looks the same. While some people will grieve the loss of their child by crying, not all will cry in front of you. Grief is hellishly uncomfortable. If you begin to feel uncomfortable around your grieving loved one, stay anyway. Figure out, through other friends or family members, what sort of help the grieving parents need and do it without being asked. Grief may make it very difficult to manage even the simplest tasks – they might

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not even know what they need. Let your loved one talk about their lost child. Share stories about the baby or child. There is no time-line for grief. When you visit, bring a bag of groceries, throw in a load of laundry, clean up the kitchen. Daily responsibilities are extremely difficult while in the throes of grief. Follow the lead of the parents. Discuss what they want. Sometimes, the grieving parents may want to talk about their child and the unfairness of it all, and other times they may want to hear funny stories or talk about reality TV.

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Chapter 3 : Coping With Infertility - Coping With Miscarriage - Uplifting Mayhem

Back Advice & Support Perinatal Mental Health For Dads Infertility Miscarriage and Child Loss strung out and wondering how we would possibly cope with another.

The following post is one which discusses pre-term and neonatal loss and the process that many women and families go through when they have lost a baby. If you are feeling vulnerable at this time and this post does not speak to your experience, consider not reading it as it may cause you distress at a time when you are trying to regain strength. Losing a baby though miscarriage, elective termination, stillbirth, childbirth, after a NICU stay, SIDS, or any other time is, without a doubt, one of the most difficult experiences that a parent will ever endure. There are no words to explain the depth of despair that a parent goes through when attempting to understand the shift that occurs when all hopes and expectations suddenly drop out from underneath anything stable. It is an experience that many will never need to make sense of and also one that many others will swim through unexpectedly. It is tragic and drastic and totally and completely unfair and yet thousands upon thousands of families find themselves in this position each year. Here is what we know: In the US, the rate of stillbirth is documented as 1 in pregnancies. In the US, approximately 11, infants die within 24 hours of their birth each year. I give these statistics not to scare you, but because it is important for those mothers who have lost their children to know that they are not alone; to know that there are many others out there who are needing to navigate this loss too. I have worked with countless women in my office as they try to manage the unfamiliar emotions that surround loss, and I have learned a great deal from these phenomenal moms. I also have a dear friend and colleague who lost her daughter hours after birth and she, too, has honored me with her insight, pain, and eventual healing. With the information gathered from both my clients and my dear friend who is now a clinician in San Francisco specializing in perinatal loss, this post is written for all of the moms out there who are trying to navigate the unfamiliar postpartum experience while also grieving the loss of a child that never made it home or past that first year mark. For these moms, postpartum distress is complicated by the process of grief, and sometimes it is hard to make sense of what goes where in this unimaginable puzzle. Some women who lose babies through miscarriage are able to move through this loss freely, while others feel deep despair at this loss. No right way to feel. If you feel strong and grounded and ready to move forward after a miscarriage that is totally valid. If you feel deep loss and grief then that, too, is appropriate. No one gets to tell you how you feel except you. Any time a body goes from being pregnant to not being pregnant, there is a significant shift in hormones that can affect brain chemistry. Postpartum depression, anxiety, and other mood disorders can affect a mom regardless of the point at which a baby is delivered. You are likely in a position where you need to process through grief while also having a vulnerable brain chemistry. This can make the experience of healing feel impossible for many. Grief is a normal process and includes a shifting of emotions such as denial, anger, bargaining, depression, and acceptance. Grief felt after the loss of a baby from miscarriage or other event is not necessarily depression and while there may be some overlap, it should not be treated as such. If you feel angry one day and dissociated from your loss the next, this is normal. If you are not aware of a shifting through the stages of grief and continue to feel debilitated by your suffering, there may be an element of clinical depression or anxiety that needs to be addressed. Many moms will experience depression that includes feelings of guilt, shame, self-doubt, and sometimes suicidal ideation. Identity shifting is a huge piece of the postpartum experience for every new parent, and yet moms who lose their babies are not able to show the world their mother-ness. If you feel like a mom, and yet are not able to participate in the experiences that the mothers around you are included in, know that this is a shared experience and that, whether or not the world can see this, we value you as a mother too. Loss can often beget feelings of loss. Many women who lose their babies become suddenly afraid of losing everything else, be it their sanity, other relationships important to them, their faith in the world, or any hope for the future. Many, many women who go through this loss feel a deep need to grab onto other things in their life for fear of losing

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those, too. If this is happening to you, let those close to you know. It is important to be aware of the tendency to isolate during this time. Receiving appropriate support will be imperative in your healing and there may be work to do in relearning your relationships given this new reality. If you are unable to get the support that you need from loved ones, reach out to a therapist who can help. Often, losing a baby is a very different experience for a mother than it is for her partner, as she was the one who felt the development of this baby and feels, still, the physical loss as her body adjusts to no longer being pregnant. You are likely to learn who your truest friends are during this time. It is entirely appropriate for you to spend time with those who are able to give you what you need, and to take distance from those who do not. It is normal to feel triggered into sadness and despair when you least expect it. You may find reminders in the places where you least intend them to be. Many of you will want desperately to talk about your babies, to bring them to life through your words and memories, to make room for them in conversation and in your experiences. Some people will worry that bringing your baby and your loss in conversation will be upsetting to you. It is helpful to let the people in your life know what you need. Just because you are ready to feel whole again, are healing, and may decide to have more children, this does not mean that the baby who you lost is forgotten. Your pregnancy and your baby will always be a part of you. However, you deserve to be well and the feeling that you must keep grieving in order to stay faithful to your baby will not serve you. Finding a way to honor your pregnancy or your baby through ritual or event is often a lovely way of incorporating that being into your life as you move forward. And finally, find others who have experienced something similar. As mentioned so many times on this blog, community is imperative and I am certain that there are others out there who can offer you the kind of solace, strength, and integrity that you will need as you continue to heal. This story includes a list of organizations that specialize in supporting moms who have experienced loss such as miscarriage or stillbirth.

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Chapter 4 : 5 Myths About Recurrent Miscarriage – Seleni Institute

Infertility: Grieving Children Who Will Never Be Source Just as parenting a child in your arms takes a lifetime of adapting to a changing relationship, so too does parenting the memory of the child you hold in your heart.

Infertility, Miscarriage, and the Gospel June 11, by amanda 50 Comments Last summer I was pregnant with our 3rd child. We had miscarried our first baby Samuel , we had a healthy little boy running around our home, and God had blessed us with another child. At my 12 week checkup with this third pregnancy, however, there was no heartbeat. We had lost our little baby baby Joy , and I had to face God all over again with my pain and heartache. I pulled out a book by C. Lewis that my brother had given me the book had, Providentially, been a Christmas gift the week before we miscarried our first child , as the message therein had been a source of great comfort to me after our first miscarriage. I began to recount to myself what God had done and where God had brought me. The words I wrote then are recorded below.. The first plunge of the knife into the flesh is felt again and again. It involves the loss of dreams, plans, and hopes. You spend abundant emotional and spiritual energy, thousands upon thousands of dollars, and time. Days and weeks cycle into months and then years. I am so thankful for my season of infertility. Days and months and years of face-on-the-ground kind of praying and sleepless nights. So much invasion of privacy, coupled with charting and temperatures and medication and bloodwork. And then, in my case, a positive pregnancy test. It was one week before Christmas. I was in shock! We lost this baby to heaven the next month. From my journal the week we lost our baby. For several months, I grieved and battled within myself. But I DID know Him, and I DID know without a doubt that He had given this life to my womb knowing all the while that I would be brought to the highest high in my life, only to crash and be utterly broken within weeks. He gave me this Samuel-baby, knowing that He would soon take this baby home to be with Him and that it would break our hearts. It seemed a strange anthem from the broken-hearted, childless mother, but it was a truth about God to which I could cling and at which I could throw and heave my anger, trust, confusion, emptiness, and pain. You have words of eternal life. We have believed and have come to know that You are the Holy One of God. I did not like the path that God had chosen for me. I did not like that He took my baby. But I had nowhere else to go. I had no one else to turn to but God because the buck stops with Him. Sister, He could have healed your infertility, He could have saved your child, and He could have never given you this path of tears and emptiness and a broken heart. But He did give it to you, and you have to go to Him with your pain and brokenness. Do you lack faith? Do you not believe? Are there no words for prayer, no more tears for crying? Turn your eyes upon Jesus. Ask for faith and ask to believe. It is your only hope and He is the only Savior. You must go to Him and cast, throw, heave all your hurt and pain and struggles upon Him. Cast it all upon Him, because, my friend, He cares for you. During the months following our first miscarriage, I often preached to myself the Gospel. God loved me and sent His Son to die for my sins. Christ Jesus died upon the cross. He was buried and then He rose again on the third day. He ascended to heaven. He is coming back to make all things new. Recount to your soul the Gospel message and pray for grace to trust Him more. Fix your eyes on Jesus. Listen to music that focuses on the Gospel and the cross. Pour out your heart to Him, tell Him all your pain and troubles. There were times I struggled to pray, not having desire to pray and not even knowing what to say to God. Often, I just read through the Psalms and underlined words that I offered up to God in grief and a cry for help. Do you know what will happen when you seek Him with all your heart? Here is something else that I have learned about the character of God. In Isaiah 61 , we find that God is a God who binds up the brokenhearted. He comforts those who mourn. Do you know what He gives to those who have nothing left but ashes and mourning? He gives them a garland and the oil of gladness. He will exchange your spirit of fainting and heaviness with a mantle of praise. He will let you share in bringing Him glory, my friend. Your pain will not go away entirely until God does away with death forever. Some days the pain will hit you anew, but remember to run to the Comforter and draw near with confidence to the throne of grace to receive mercy and find grace to help in time of need.

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In Isaiah 43 , God promises the people of Israel that, although they will be sent into exile to a foreign land and walk through great pain and death and suffering, He loves them and is their Redeemer and will bring them back to the land flowing with milk and honey. When you pass through the waters, I will be with you; and through the rivers, they will not overflow you. When you walk through the fire, you will not be scorched, nor will the flame burn you. Since you are precious in my sight, Since you are honored and I love you, I will give other men in your place and other peoples in exchange for your life. Do not fear, for I am with you; I will bring your offspring from the east, and gather you from the west. Additional resources regarding grief, infertility, and pregnancy loss can be found here at Bless Your Heart and Home. A song for the brokenhearted: If you are grieving infertility or loss of a pregnancy, you may find this newsletter encouraging during this season of your life: I looked forward to receiving every copy and was greatly ministered to by the content they offered. I memorized scripture using this scripture memory plan by Dr. An Approach to Extended Memorization of Scripture. I believed that God was leading me to memorize more scripture in during a season right before we first got pregnant. Little did I know the encouragement and hope that the scripture memory would be in my life as God applied the promises and truths from the book of Philippians to my heart during our first miscarriage. A couple of years into our dealing with infertility, I was invited to join a Precept Upon Precept study of the book of Isaiah. It changed my life. If you ever have the opportunity to join this study or any Precept Bible study!

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Chapter 5 : Top 5 Ways to Cope with Infertility over the Holidays

my story: dealing with secondary infertility and miscarriage First of all, you're probably wondering why I've chosen to get so deeply personal today. I will explain why toward the end of this post.

Tweet Shares Infertility and Miscarriage can be devastating. This is a very sensitive topic. So many times in my early married life, I wondered if my dreams of motherhood would ever come true. Trying to get pregnant over and over and over again and not being successful is a very emotional road. I share my story only with the hopes that I might comfort or even help someone else who is now where I once was. Growing up, I was the oldest of 8. One could say, I was born to be a mother. My own mother must have done a pretty good job, because all I ever wanted to be in life was a mom. I loved taking care of babies. When I went to college, it was a no brainer, my major was early childhood. I became a preschool teacher when I was 18 and loved it. Although we agreed to wait a year before we had any kids, we ended up changing our mind a month after we were married and took the plunge! Two months later I was pregnant and ecstatic! Thoughts of finally having a baby of my own to cherish filled my mind every second of the day. At 8 weeks, my worst nightmare happened and I miscarried. It was extremely painful both physically and emotionally. I went to my doctor who could only say that she was sorry but that it was completely normal. The most amazing thing was that my due date was the exact same date as my previous pregnancy. I felt like it was a sign that this time it would last! I took my mom out for lunch to tell her the good news. I felt like a complete failure. What was wrong with me? Another year—another loss, and I was bitter. All of my friends were having their families. I dreaded hearing someone close to me announce a pregnancy because I knew it would be a battle to hold back the tears. Once again, this was considered normal by the doc so we just kept on trying. I read everything I possibly could, tried to eat healthier and be more active. When we got pregnant again, I was excited and very scared. I had little faith in my body and was scared I would just miscarry again. Thankfully this pregnancy stuck, but every time I spotted or had ANY signs of miscarriage I started to fall apart. I would take my temperature every day because I had learned that your temperature stays higher when you are pregnant. If my temperature looked like it was dropping, I would immediately think I was going to miscarry. One night, my husband finally took my thermometer outside and threw it at a brick wall where it shattered. He then hugged me and told me to stop worrying and that everything was going to be OK! Thank goodness one of us was thinking straight! I severely hemorrhaged during my first labor and delivery and they were very concerned about me right after I gave birth. When they placed my daughter in my arms, I felt like heaven had come to visit our home. I had never experienced so much joy! I remember just sitting in the rocking chair one night and crying. We had so much fun with this high-spirited little girl, we decided to start trying again when she was a year old. We hoped the worst was behind us. Once again we began the emotional cycle. Try, try, hope, and try some more. Writing this now, it feels like forever ago, but I still remember how hard it was. This time, it took a lot longer. One dream, though, I will never forget. In the dream I was in the hospital and gave birth to 3 babies all at once. The first 2 both died. The dream ended right after I heard a nurse declare that the 3rd baby had a heartbeat! When I awoke, I knew the dream meant something. I thought it meant that after having 2 miscarriages, the third survived. I hoped it meant I was done having miscarriages, but I soon found out differently. We got pregnant and I lost the baby at 6 weeks. At the same time I was struggling with major back problems and wondering if I could even carry another child again. Still, we were determined. About another year passed. I miscarried at 9 weeks. Was I done having children? I was so grateful for my daughter, but still hoped she would get a sibling. I went to a different doctor who once again told me that it was normal really?? We got pregnant again pretty soon. I remembered my dream, and the 3rd baby with the heartbeat when we went in for an ultrasound at 8 weeks and heard— a heartbeat! I felt confident this baby would live. At 10 weeks, I started to cramp and within an hour I lost the baby. I was far enough along to actually see it. I was hysterical and I could tell my husband was having a hard time knowing how to comfort me. I realized later that my Father in Heaven knew I

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was going to have to go through this. He had tried to tell me in a dream. This little embryo on the verge of being a fetus represents so much to me and to other mothers out there. You might not be able to tell, but all 10 fingers and all 10 toes are there, along with the beginnings of eyes, nose, ears and mouth. Life IS truly a miracle. God really IS in charge. Suffering so many losses has taught me that. I found a different doctor and was determined to get help. He ran a blood test and confirmed it. He put me on natural progesterone cream and told me to continue to take it as directed and that IF I got pregnant to continue taking it till the end of the first trimester until the placenta could take over the progesterone production. I have had 3 more babies since then and no more miscarriages! I look back on all we went through to finally get our kids. The pain is gone. I still am a little upset that I went through all of that only to find out through a simple routine blood test, the answer. Why did I have to go through so much pain and heartache, before they would take me seriously? I hope all doctors are not like that. At the same time, I fee like I was supposed to go through what I did for a reason. Maybe it was to help someone else, or maybe I just had some growing up to do still do. Either way, I would never wish for anyone to go through what we had to go through. If you are struggling to have a family of your own, my heart goes out to you. I know my experience is unique and everyone has different issues when it comes to infertility or repeated miscarriages but I have listed below the things that helped us. Otherwise known as Taking Charge of Your Fertility , this book really helped me to understand my own body and how I could chart my cycles for the best results. Progesterone has to be tested at a certain time in the cycle in order to get an accurate reading. I believe it was in the last half. My sisters have since found that they have the same progesterone deficiency that I have. This book really helped me understand the role of progesterone better. Suggestion 3 Speaking of docs, make sure you have a good one who really has your best interest in mind. My sister had a great experience going to a fertility clinic. Ask around and find someone with a good reputation for helping women with your issues. Suggestion 4 Healthy fats. I now know that my hormone deficiency was caused by my lifetime pursuit of a low-fat diet. Healthy hormone balance comes in part from healthy fats. My doctor told me to start consuming cod liver oil and other healthy fats.

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Chapter 6 : Coping with Miscarriages and Stillbirths - Creating a Family | Creating a Family

Having a miscarriage is a physically and emotionally difficult experience under any circumstance. But if you've been struggling with infertility or have had one or more miscarriages in the past.

When God Says No: This post contains very sensitive subject matter. If you are uncomfortable hearing about issues such as fertility or pregnancy loss, I urge you to skip over this post. Thank you for understanding. I will explain why toward the end of this post. This was an extremely difficult post to write. This is a long story. I was relatively young 29 years old , healthy, and had no history of any issues to speak of, so we had every reason to believe that the road to conception would be smooth sailing. After several months of trying, I began to have strong feelings that something was wrong. I had so many mixed emotions. I wanted to be excited, but inside I knew something was wrong. I arranged to go in for a blood test, and literally within minutes of receiving the call telling me that my HCG levels were incredibly low, I began miscarrying. It was very early “ between weeks ” but completely devastating. I went through pretty much all of those stages of grief they tell you about. But I was never really angry. Just really, really sad. It hurt “ like, physically made my heart ache. I allowed myself to feel whatever emotions I needed to feel. I balled up on the floor and just cried and cried. The sadness came in waves. One day I would be totally fine and accepting of what had happened, and the next day I would have moments where I just needed to cry for a while. We had prayed for and wanted that baby so badly, and now we would never know that child. That little life that existed inside me for such a short time. We would never know if it was a boy or a girl. I thought about the life that would never be, and what that life might have been like. The birthday parties and milestones that would never happen. On top of all the sadness, I felt incredible guilt. I know that might sound strange, but I felt guilty for being so sad. I kept thinking, I have these two beautiful, healthy boys whom I am so thankful for, and my 5 week pregnancy loss is nothing compared to what some people go through. I know people who have suffered far greater losses than this. I felt like maybe I was being greedy. I have two children, maybe wanting a third is just selfish. What right do I have to be upset? Then of course there was the other kind of guilt. My doctors assured me that there was nothing that I could have done to cause this. And regardless of his colorful way of explaining it, I needed to hear it. Then there was frustration. I know that some people think that if you already have children, and then you lose a pregnancy, that somehow the fact that you already have kids makes the loss hurt less. Or maybe it makes it less unfortunate. Yes, I feel blessed and thankful to have my children, but losing one still hurts. I finally reached a point of acceptance, and we were ready to try again. Five months later, I got pregnant again, and we were so excited! This time, I found out very early and the doctor began monitoring me right away. My levels were great, and everything seemed to be going well. Besides, the doctor had told me after our miscarriage that it is unfortunately very common, and they had no reason to believe that it would happen again. It was early again “ I was about 6 weeks along. It happened naturally again, and I was thankful for that at least. I was hoping to avoid any medical procedures. But man, did this hit me hard. Harder than the first time. My sister had recently found out she was pregnant, and we would have been due about 4 weeks apart. We talked about it often during those first couple of weeks and we were so excited to be going through this together. Our babies would be close in age. This would be so much fun! Why was this happening again? I had so many emotions. I was so happy for my sister, truly. But so sad for me. For our little family. Just had a miscarriage though.. Since two miscarriages in a row raised a little bit of a red flag, my doctor agreed to do some testing. After taking 11 vials of blood and testing me for everything under the sun, and also doing a special type of ultrasound, they basically told me that nothing was wrong. They told me that we will never know why this happened. They can only assume it was caused by chromosome abnormalities and that my body was doing what it was supposed to do by getting rid of what would have been a nonviable pregnancy. They basically diagnosed me with a case of really bad luck. Sure, that very well may have been the case. I drastically changed my diet. I cut out as much sugar as possible, ate as many whole, natural foods as I could

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and cut out processed foods whenever possible. I started drinking green smoothies every day. Took my vitamins religiously. Went to the chiropractor. Met with a personal trainer. I wanted "no, needed" to know that I was doing everything I possibly could to ensure a healthy pregnancy if and when it happened again. The rest was up to God. The day of our first miscarriage, over a year ago now, something told me that I was going to share this story with you. In the midst of my grief and sadness, I just knew. During this whole ordeal, I learned a lot about miscarriage in general. Did you know that approximately 1 in 5 pregnancies end in miscarriage? That is a staggering number. Maybe YOU have gone through it. So, the big question. Because even though miscarriage happens to so many people, no one talks about it. This blog has been such a blessing in my life. It has allowed me to share my passion and interests with so many people. I am able to reach literally thousands of people, mostly women, each day. If this blog gets over , pageviews per month which is unbelievably crazy to me, by the way, so thank you and most of you are women, then that means that thousands of you have experienced a miscarriage. It is also the month that our baby would have been born. Nothing can really prepare you for that sort of thing. If I can share my story and make even one of you feel a little less alone, then that is good enough for me. You are not alone. I have faith in God, and I have faith that all things happen for a reason. I needed to know that whatever I was feeling was normal, and I needed to find hope somehow. I want to tell you what a good friend told me when I was going through this. Sometimes you need to talk about it. Acknowledge that it happened. And you know what? Maybe not today, and maybe not tomorrow. I still get sad when I think about what we lost. And for those of you who might know someone who is going through this experience, you might be wondering what you can do.

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Chapter 7 : How To Process Infertility Grief

So I took the best of the advice I was given on coping with a miscarriage by friends and relatives, mixed in a few ideas of my own, and came up with a list of hints and tips for anyone who's going through the agony of losing their baby.

It is a day where moms all across the globe unite to honor our babies that have gone too soon. We light a candle and remember the babies who are in Heaven, and pray for their families back here on earth. Miscarriage and loss is never easy to talk about. But, I am here to scream it from the rooftops, that you are not alone on this journey, dear friend. For more information about affiliate links, read my Disclosure Policy. If you missed it you can check it out here. I purposefully ended that part of my story with a happy ending that we were finally pregnant! After 5 long years, we finally saw those 2 little pink lines that I had longed for. We had made the big announcement to our friends and family. Everyone was so excited for us. It was a happy time in our life. But, in an instant, our lives turned upside down. Our joy turned to enormous grief. I literally felt like the ground had tumbled away from beneath me, and I was falling into a different path. In my mind I thought there was no way that we would lose this miracle baby of ours. He or she was meant to be, after all, right?! I could barely see it at that time, but that sweet little life that I only knew for a few short weeks, had made such an impact on my life and the life of others. We knew a week before my miscarriage that the little life inside me was gone. We spent that week doing things that we would have done with our little one. We visited the zoo, watched movies, went for walks, and even watched fireworks. We were a family, if only for that short time. I talked to the baby and made sure that he or she knew just how much love we had for him. After my loss, the emptiness I felt was indescribable. I could feel the love and grace of God surrounding me, thanks to the prayers of so many. We spend weeks, months, and even years trying to process the event. I felt death inside me. I hoped and prayed to feel life again, but it never happened. Every mom who experiences loss has a different story and experience. But, we are all the same in one way, that we long to keep the memory of our lost little one alive. All I knew is that Heaven felt closer. Every sunset, rainbow, or pretty sky caused me to reminisce about the beauty that my sweet child was surrounded by at that moment, hearing lullabies sung by angels, and knowing only peace and light. And, that comforted me. But still, every holiday, every special event, every birthday came with such a sting. Our angel baby would be 2 years old right now. I let myself grieve, and then prayed for God to take this pain and give it a purpose. That is when this blog began. Sometimes it takes weeks, months, and even years. Honor That Little Life I am a firm believer that everything in our life has a purpose—even those things that bring horrible pain and grief. I sought to honor our little baby in some sort of way. For me, I began writing and sharing my story. But, when I was grieving, I needed to talk about it. I wrote letters to the baby, and journaled my deepest darkest thoughts. I found my strength and courage in the written word, and thus this website was born. Grace during times when I feel the weight of blame on my shoulders; grace when others around me are pregnant and happy, and all I feel is jealousy and sadness; grace when I wonder if it will ever be a mommy again; and grace when the grief is thick enough to stab. Allow yourself to cry, scream, and get angry. Have raw, heart-felt time talking to God. Allow yourself also to laugh again, and experience joy. Tonight as I light a candle in honor of the angel that I miss every single day, I will pray for each and every one that stumbles upon and reads this post. I know the immense pain and guilt you feel. Let yourself grieve and honor that little life that meant so much to you. And, show yourself and others grace. This song was such a comfort to me in the midst of my grief. The words ring so true. Now check your email to confirm your subscription. There was an error submitting your subscription. Unsubscribe at any time. Powered by ConvertKit Related Posts.

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Chapter 8 : After a Miscarriage: Surviving Emotionally

There is no doubt that dealing with infertility is stressful and riddled with emotions! If you're reading this article, you may be grieving because of a recent diagnosis or loss. Both pregnancy loss and infertility bring up emotions of profound grief. While learning how to cope with these emotions.

Accepting Childlessness After Infertility How I found my place in a motherhood-mad world My early adult years unfolded with the usual milestones: But then, one by one, my girlfriends sent out baby shower invitations, and our life experiences diverged. The majority moved down one path "motherhood" while others decided with certainty that parenthood was not their dream. After a year of carefully timed sex with no positive home pregnancy tests as a result, it slowly dawned on me that fertility operated on a much broader and grayer spectrum. Month after month, my self-esteem eroded. The primal urge to procreate grew stronger as the months slipped away, driving me to seek out any and all knowledge available "alternating between Eastern and more expensive Western medicine in a frenzied attempt to fix what was broken. First, I had a hysterosalpingogram HSG to rule out blockage of my fallopian tubes, while my husband underwent sperm tests. We both made diet changes, and I added a new move: Over the next few years, I submitted to multiple intrauterine inseminations IUI combined with Clomid and prescreened sperm. I also added Chinese herbs, yoga, more diet changes, chiropractic adjustments, and large amounts of red raspberry leaf herbal tea. Finally, we had saved enough money for the expensive and most complex of the fertility treatment regimens we attempted: I found myself a misfit with no social support network. Alone, I grappled with a life that might not involve motherhood, using the time between treatments to invest in graduate school and more challenging work assignments. I tried to reassure myself that I was more than my reproductive organs, but I was locked in a zero-sum game. My identity and femininity were tethered to my reproductive failures. One night I typed infertility blogs into a search engine, and a new world opened up to me. I reveled in being among women undergoing the same onerous, dehumanizing experience. But finally, strung out and wondering how we would possibly cope with another failed cycle, I started to separate from my sisters. I allowed myself to imagine a life not driven by day cycles and heartbreaking vigils. After exhaustive and exhausting conversations, my husband and I loosened our tight grip on our fragile dream. There is, I learned the hard way, a rough landing for those who decide to end treatment usually due to financial or emotional strain. Even the once infertile woman who felt put upon by her more fertile friends, once pregnant, morphs online into a person besotted with baby care and concerns. We see families of two where we used to see couples. Today, birth announcements or photos of newly pregnant, aging celebrities in the supermarket checkout stand no longer evoke envy or anger. For my part, I tread lightly in our newfound joy and our life lived without the limitations they face so as not to appear indifferent to their struggles and the demands on their time. My husband and I continue to push forward, to shape and define a life outside the beaten path. We challenge each other to uncover new possibilities, to seek new adventures and discoveries that will enrich our understanding of the world and our place in it.

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Chapter 9 : When God Says No: Dealing with Secondary Infertility & Miscarriage - Erin Spain

At last half of my closest girlfriends have experienced at least one miscarriage. Many have resorted to IVF and other scientific interventions to have their children. woman coping with.

Having a baby seems like the easiest thing in the world. Many of you have followed my blog posts over the years, including my five-part series on Freezing My Eggs. When, at 37, I found myself single and staring at my waning fertility in the face, I started to panic. Would I ever have the family I so craved? Then I heard about the possibility of cryopreserving my precious, rapidly decaying oocytes while co-authoring *Fortytude* with Sarah Brokaw. It took me a year to summon up the courage and financial wherewithal to go through with the procedure, but when I did, I felt overjoyed. The strangling yoke of getting older loosened a bit. I now had an insurance policy. I could relax and enjoy the dating process. This Saturday, I have the honor of speaking about my egg freezing experience at the Fertility Planit conference in LA. Many women struggle to get pregnant. At last half of my closest girlfriends have experienced at least one miscarriage. Many have resorted to IVF and other scientific interventions to have their children. Yet almost none of the women I know -- as loving and openhearted as they are -- truly feel comfortable talking about their infertility issues. By showing up at this event, talking with our friends and family members about fertility struggles and refusing to be ashamed if we encounter difficulties on the path to pregnancy, we can help thousands of women on their journeys to having a family. I hope to see you there!

Sean Hiller Alice Crisci is the pink-haired, bright-spirited founder of Fertile Action, a non-profit that helps women touched by cancer become mothers. She is a social entrepreneur, published author and young adult cancer advocate. Be very selective in choosing your infertility team, including your personal support system. Knowing that there was a limit to what I would do in order to conceive was vital for me. I knew there would be a point when I could no longer endure the pain and disappointment of failed infertility procedures. I know that many couples have the mindset when they begin treatment to continue until they have their baby, no matter what. I wanted desperately to have a baby, but after all my heroic efforts failed, it was a comfort to me to have that question in order to check in with myself and see if I could take anymore. I would advise anyone to continue to check in with themselves and not to feel pressure to do more than their body, soul, relationships or bank account can handle.

Lisa Hochberg Lisa Hochberg is a management consultant, world traveler, reality show star, breast cancer survivor and storyteller. Life rarely goes as planned. Letting go of what you thought your life would look like is key to dealing with infertility. I never envisioned being a year-old cancer survivor who became a single mother with an egg donor, sperm donor and surrogate. I also never envisioned the most perfect baby boy with soulful blue eyes and a sweet smile that lights up a room. My son is a dream come true and I feel very lucky that the science exists to create a child this way. My advice to woman coping with infertility is to be open to a different path. I know it can be heart wrenching to let go. Stacie had a lot to offer. Get informed and trust your instincts. Decide where you stand on the ethical issues surrounding fertility treatment so you can make informed decisions rather than emotional based ones in desperate times. If you are over 35, get tested now. If you are in a relationship or married and plan to have children with your current partner, make an appointment now to have his sperm checked. You have no idea how many friends of mine spent so much time worrying about their eggs, when it turned out to be a sperm-related issue. I waited too long to learn all of the above. Kolb, who schooled me, took a chance with an over 40 case, and got us on track. With the help of IUI intra-uterine insemination, I became pregnant. We all dream of the white picket fence, children playing on the lawn and a partner at our side. Unfortunately, this may not happen for you. Instead of lamenting your situation, put your chin up and be proactive. Today, egg freezing offers women new choices that our mothers did not have. Freezing your eggs now might ensure the option of children tomorrow. So, stop waiting and own your own fertility.