

STRATEGIES TO HELP COPE AFTER THE LOSS OF AN INFANT OR CHILD

Losing a baby is hard physically and emotionally. Here are some suggestions on how to take care of yourself

- **Honor your feelings**
 - Embrace your emotions. They may range from anger to sorrow to hope - everyone reacts differently.
- **Talk with others**
 - Consider seeking out others through support groups, church groups, friends and family.
- **Rest & sleep**
 - It is common to experience loss of sleep. Try resting during the day if you can't sleep at night.
- **Exercise**
 - Engage in some type of physical activity everyday.
- **Remember...**
 - All people grieve differently. What is right for someone else might not be right for you.

“Grief doesn’t have a
timeline, it is a dynamic
process that
will ebb & flow”



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SUPPORTING
FAMILIES
AFFECTED BY
FETAL,
INFANT OR
CHILD LOSS



INFANT & CHILD LOSS SUPPORT GROUP

Join our bereavement support group, where individuals impacted by miscarriage, stillbirth, early infant loss, or child loss are warmly welcomed

- Our group facilitators offer a safe, non-judgmental environment for sharing, supporting one another, and learning coping strategies.
- Whether you prefer to share your story or simply listen, we invite you to join us and find comfort in our community.

Over time, the intensity of the pain may fade, but the sadness of your loss will always be a part of you.

As you work through your grief, your path will guide you to a new normal.

PERINATAL LOSS RESOURCES

Perinatal Support of
Washington



Parent Support of
Puget Sound



Journey Program

