The Loss of Your Baby

Few words can express the emotions that accompany the loss of a newborn baby. Both you and your family will need time to grieve and heal. There is no right or wrong way to feel, and your emotions may change over time. Each person experiences feelings of loss differently. Initially, you may be in shock, feeling as though this is happening to someone else. You may also feel numbness, deep sadness, guilt, anger and/or depression. Any of these feelings are okay – be kind to yourself by allowing your heart to feel whatever it needs to in order to heal.

Because people deal with grief in different ways, it is not uncommon to experience tension with your significant other and your other family members. Everyone will need to find their healing path and simply do their best to support each other during this time. You may find it helpful to join a support group with other parents who have experienced the loss of their newborn baby. In this group, you can share your feelings with others who can understand how you feel and what you are going through. Your doctor can also suggest a grief counselor to help you and your family cope with grief.

We at UTMB are here to help you during this difficult time. A chaplain can visit with you during your hospital stay. Our case managers can help by giving you information that you will need concerning funeral arrangements. We can provide information about available counseling. Nurses and doctors can answer your questions and provide you with information. At UTMB, we care about you, your family and friends. Please know that we are here to assist you with any needs or concerns you may have. You only need to ask.

References