



The Miscarriage Association
OF IRELAND

The Miscarriage Association of Ireland Logo symbolises the Family Tree, with the falling leaf representing the missing family member.

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Miscarriage

*The Loss of a Baby in
early or middle
pregnancy*



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Information.

Support.

Assistance.

Some Facts

- Miscarriage happens to 1-in-5 pregnancies.
- Nevertheless, losing your baby can be a very lonely and frightening experience.
- All women have the right to grieve whether they lose their babies through early or late miscarriage.
- Not every woman grieves following a miscarriage and some recover quite quickly emotionally and physically.
- For others, losing their baby can leave them feeling shocked, angry, empty and depressed.
- It is generally assumed that men will take care of their partners. Sadly, it is often forgotten that they have suffered a loss too. Their hopes and dreams for the future have also been shattered.

Coping With Your Loss

- Your grief may manifest itself in a physical way and the depth of your feelings can be very frightening. If you are worried, maybe talking to your G.P. would help.
- Try not to rush the “back-to-normal” routine. Take things slowly and allow yourself the time to grieve for your baby.
- Physically, you may recover quickly from your miscarriage, while emotionally it may take weeks or even months to come to terms with your loss.
- You may have no mementos if you lost your baby in early pregnancy and this can be heartbreaking. It may be important to make your baby tangible in some way for you.
- It is never too late to acknowledge your baby. You may contact us for ideas and support if you wish to do so.