

Mixed Emotions: Birth and Loss in Multiples

You are mourning the loss of your baby, but you are also welcoming and celebrating your surviving baby(ies).
Whatever you are feeling is OKAY.

A Constellation of Emotions

Guilt Frustration Heartbreak Grateful Sadness Sorrow
Jealous Numb Grief Disoriented Helpless
Joy Empty Anxious Lonely Relief Shocked
Love Anger Vulnerable Devastated Hopeless

Take time to grieve the loss of the unique parenting experience you imagined.

If you have just given birth, your body is being **affected by hormones** from pregnancy and birth. Ask your doctor what **symptoms of postpartum depression and anxiety** to watch for.

You may worry that your grief will take attention from your surviving baby(ies). It's **normal to feel nervous** about losing your surviving baby(ies).

You are allowed to take time to mourn and to **talk about your baby(ies)** that has died. Attending a **support group** can help you process your loss.

Remember, **you are still a parent of multiples**. Your baby's surviving sibling(s) is still a twin, triplet, or multiple.

You probably imagined a unique relationship between siblings. Plan how you want to **honor that relationship**.

Saying Goodbye

- Ask to see and hold your baby(ies). Don't feel rushed to say goodbye.
- Request to find out if siblings are identical. This is an important part of your family's story.
- Ask for photographs of your baby(ies).
 - If you want, take photos with all your babies together.
 - If needed, choose a way to identify each baby in photos.
- Ask the hospital staff if they can create a keepsake like footprints and handprints.

