



When **One or More Dies:**

What may help during pregnancy?

You may want to...

Name the babies.

**Keep talking – your partner,
family and friends can be of
enormous support.**

**Keep a journal, scrapbook,
baby book or memory box
to gather mementos.**

**Start thinking about burial/
cremation arrangements and
what kind of ceremony you
would like.**

**Write your birth plan – you
may wish to ask for a quiet
environment for the birth, with
as few staff as possible. After
the birth, you might prefer a
private room and to put up a
'No Visitors' sign.**

**Please contact Twins Trust's
Bereavement Support Group
if you would like to speak
to someone who has been
through a similar experience.**

**If your baby has been dead for
a while before the birth or has
a serious abnormality, talk to
your doctor and midwives about
what your baby might look like.
Parents rarely regret seeing their
babies in this condition, although
they may feel sad later that they
cannot share the photo with others
for fear of unsettling them. The
hospital staff can help support
you in saying goodbye, including
wrapping the baby sensitively.**

**Plan in advance which relatives
and friends you would like to
meet the twin(s) or triplet(s)
who have died. This helps to
make the baby a real person to
other loved ones. Even young
children appreciate knowing
that they got to meet their
baby brother or sister and say
goodbye.**

**Think about whether you would
like to remember the birth. Many
parents whose baby/babies
died are grateful that they do
remember the birth or regret
being too drugged to remember.
If you would prefer not to have
general anaesthesia or drugs that
fog your mind, mention this in
your birth plan.**

If you have a surviving baby, you may also like to:

Talk to, sing to and stroke the surviving twin.

Talk with your doctor if you're worried about a surviving baby's health.

If people ask what presents to get your surviving baby, consider also asking for something to remember the sick baby or baby who has died, such as charitable donations.

You are entitled to grieve for your loss – don't allow your doctor or midwives to ignore the baby who has died, or your emotions, or tell you "just focus on the healthy baby."

If you would like to keep visual memories of your babies, ask for a picture (of both/all babies) whenever you have an ultrasound. You may also want to take photos of you pregnant too.

If your surviving baby is likely to require neonatal care, look around the Neonatal Intensive Care Unit (NICU), meet the staff and try to ask any questions, so that it will not be totally unfamiliar if one or both/all babies are there.



Twins trust. Bereavement Service

The Twins Trust Bereavement Service exists to support all parents and carers of twins, triplets or more who have died whether it was during pregnancy or after pregnancy. You can find out more about our befriending service, our Facebook support group and the other support we can provide on our website:

twins-trust.org/bereavement

Adapted from information provided by:

**(1) the Center for Loss in Multiple Birth (CLIMB) Canada;
and (2) Twins Trust Bereavement Support Group**