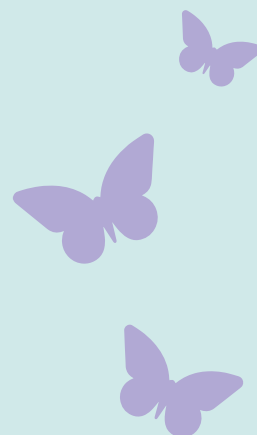


Understanding Your Loss

Some of the complex emotions that parents have
after losing one or both of their babies



Coping with the loss of your babies

- The loss of your dreams for the future – the life your family would have had together
- Having no visual image of what your babies would have looked like.

Loss of a unique parenting experience

- Feeling cheated of the special experience of having a twin, triplet or higher order pregnancy
- Feeling heartbroken at the sight of a double buggy and jealous of other pregnant women, especially those expecting twins
- Not being acknowledged as a parent of twins by others
- Sadness for others' loss, especially surviving twins, partners and siblings.

A general sense of loss about life itself

- Feeling that a part of you has died
- Feeling abandoned by God or that life has no meaning anymore
- Loss of trust in life and your body, which you may feel has betrayed you
- Feeling frightened by not knowing what you believe in anymore.





Twins trust. Bereavement Support Group

Dealing with your feelings

- The pain of not knowing why and feeling tortured by the 'what if' question – could you have done anything differently?
- The mistaken idea that you didn't love your babies enough to keep them alive
- Regret or guilt about worries you may have had about being a parent to twins
- Feeling out of control – worrying that this amount of grief cannot be normal
- Feeling ashamed or that you have let others down, even though this feeling is completely unjustified.

Dealing with your loss around others

- Coping with other people's insensitive comments or thoughtless attitudes, some with the best of intentions
- Dealing with your feelings over others' pregnancies, especially those expecting twins or due around the time your babies would have been born
- A continuing sense of loss about what the future holds
- Not knowing how long your feelings will last or if you'll ever be the same again
- The possible loss of your last chance of having a baby because of age, an inability to pay or be eligible for further fertility treatment
- The anxiety felt for subsequent pregnancies.

The Twins Trust Bereavement Support Group (BSG) 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:

twinstrust.org/bereavement



This fact sheet is an extract from our updated 2021 Twins Trust bereavement support booklet.

If you would like to see the whole booklet you can download it [here](https://twinstrust.org/bereavement/booklet.html):

**<https://twinstrust.org/bereavement/booklet.html>
or you can email bereavementsupport@twinstrust.org**