



# 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 Support Group

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:

[twins-trust.org/bereavement](https://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**