

UNDERSTANDING YOUR LOSS

Some of the complex emotions that parents have after losing one or more 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

The loss of a unique parenting experience

Feeling cheated of the special experience of having a multiple 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

Loss of trust in life and your body, which you may feel has betrayed you

Feeling abandoned by God or that life has no meaning any more

Feeling frightened by not knowing what you believe in any more





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

Feeling out of control - worrying that this amount of grief cannot be normal

Regret or guilt about worries you may have had about being a parent to twins / multiples

Feeling ashamed or that you have let others down, even though this feeling is completely unjustified

A continuing sense of loss about what the future holds

Coping with other people's insensitive comments or thoughtless attitudes, some with the best of intentions

The anxiety felt for subsequent pregnancies

Dealing with your loss around others



Dealing with your feelings over others people's pregnancies, especially those expecting twins or due around the time your babies would have been born

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

This fact sheet is an extract from our updated 2017 Tamba Bereavement Support Group Booklet. If you would like to see the whole booklet you can download it here: www.tamba.org.uk/bereavement or you can email support-team@tamba.org.uk

Tamba's Bereavement Support Group (BSG) was established in 1982 in response to requests from parents who had lost a twin. All BSG befrienders are volunteers who have suffered a loss from a multiple birth either during pregnancy, at birth or at any stage after birth.

None of the befrienders are 'professionals'. They offer a befriending NOT a counselling service. Contact with

another parent who has gone through a similar experience can be a source of great help in learning to live with the loss. This peer support can help in overcoming the enormous sense of isolation parents can feel. Tamba have an on-line facility to provide virtual peer to peer support. Details of this caring supportive community can be found by contacting support-team@tamba.org.uk