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
- 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
- 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

The loss of a unique parenting experience

A general sense of loss about life itself

TAMBA, Twins and Multiple Births Association, Manor House, Church Hill, Aldershot, Hants, GU12 4JU.
Twinline - freephone helpline: 0800 138 0509 (10am-1pm and 7pm-10pm seven days a week).
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Dealing with your feelings

- The pain of not knowing why and feeling tortured by the 'what if' question - could you have done anything differently?
- 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
- 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