

# Support and guidance for parents who experience a miscarriage.



**“Hope sees the invisible, feels the intangible, and achieves the impossible.”**

Helen Keller



Pregnancy & Infant Loss Support

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of hope®

Bears Of Hope Pregnancy & Infant Loss Support provides leading support and exceptional care for families who experience the loss of their baby.

Bears Of Hope is passionate about providing early and ongoing support for the 1 in 4 parents across Australia who experience the loss of their baby. The impact miscarriage loss has on parents is often overlooked. We offer opportunities for you to share your grief through open dialogue. Honouring your thoughts and feelings for your baby allows you to move through your grief and plays an important role in your healing.

#### Grief Support:

Phone: 1300 11 HOPE

Email: [support@bearsofhope.org.au](mailto:support@bearsofhope.org.au)

#### General Enquiries:

Phone: 1300 11 BEAR

Email: [contact@bearsofhope.org.au](mailto:contact@bearsofhope.org.au)

#### Postal Address:

PO Box 352, Stanhope Gardens NSW 2768

[www.bearsofhope.org.au](http://www.bearsofhope.org.au)

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**“A life so brief,  
a child so small,  
you had the power  
to touch us all.”**

Author Unknown

We are sorry for the heartbreak you carry with the loss of your baby. Experiencing a miscarriage can affect mothers and fathers in many ways. Your reactions are completely unique to yourself and can depend on the attachment you had with your growing baby. There is no right or wrong way to feel.

Initially, you may experience shock, confusion, disbelief and denial, or a combination of all of these. These are normal reactions to loss. Your world may have altered in an instant leaving a feeling of isolation, emptiness or loneliness.

Over the coming days and months you may find your emotional reactions to day to day life could be elevated. You may find that you bargain with yourself 'if only you had done this or that'. You may feel angry, cry often, feel numb and question your faith or beliefs.

There is a misconception that because miscarriages are common, it doesn't hurt or that it isn't as important as a later term loss. Love for an unborn child cannot be measured by how long you carried your baby. It is OK to put you and your feelings first, to care for your wellbeing. Take your own time, seek the support you need, surround yourself with those that validate your feelings and know you do not have to grieve in silence.

## Creating Memories

Many families have found comfort in having something tangible to focus on and hold onto, to help through the time ahead.

- Name your baby regardless of whether or not you know the sex, a name can be chosen from the heart
- Donate a Bear Of Hope in honour of your baby
- Purchase a Recognition Of Life Certificate
- Plant a garden, tree or flowers
- Write a letter to your baby
- Hold a memorial service
- Create a memory book or album
- Name a star in honour of your baby
- Get a tattoo
- Keep a journal of your feelings and thoughts

Please visit our website for more information on creating memories.

Your journey of healing will be constant and individual. There is no time limit as grief can overwhelm your soul for days, months and sometimes years. There is no one right way to grieve. Through our services we hope you feel supported, well informed and empowered to find hope in your heart again.

**“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”**

Helen Keller



## Beyond the Bear Support

### [BearsOfHope.org.au](http://BearsOfHope.org.au)

Our website is highly resourceful and informative. We provide information on grief and loss issues, coping with special dates, ideas for memorial services, social and commemorative events and ways to get involved with our organisation.

### Community Wellbeing Groups

A space for bereaved parents to meet on a monthly basis. To look at a different wellbeing tool each month that may help while grieving and to connect and talk with others who are also experiencing loss within the community.

### Reflective Group & Weekend Workshops

These offer an opportunity for parents to check in with themselves and to spend time looking at their own grief and coping style.

In this support service we offer parents time to focus on their loss without interruption, with the support of other bereaved parents to share and connect with and to walk away with a better understanding of the grief carried.

### Private Online Support Groups

Offering parents an instant connection with other bereaved parents who can understand the complicated grief of losing a child. These are closed pages, facilitated by support staff that offer parents across Australia a chance to connect with others walking a similar path.

### Personal Counselling

Our team of counsellors and psychologists are equipped with the resources to provide counselling through phone, email, telehealth, and face to face support. Each of the support team have experienced loss and bring the shared personal experience and credible qualifications to provide space for grieving and healing.

### Choosing Hope Walks

In line with International Pregnancy & Infant Loss Remembrance day, walks are held around 15th October. This is a community event that enables parents to walk with friends and family in honour of their child who has died. A chance to publicly express the love and pain that is carried as a bereaved parent.

### Mother's Day & Father's Day Events

The loss of a child through miscarriage often leaves a parent questioning their role as a Mother or Father. We believe that every parent should be recognised for the love they carry for their child and hold a Mother's Day and Father's Day event to enable acknowledgment that can often be overlooked by family, friends and the larger community.

### Purchase or Donate a Bears Of Hope Package

Help us make a difference in the lives of others. Please consider purchasing a Bears Of Hope package to donate to another family. You may also choose to purchase bears from our collection for yourself or as a gift for a friend.