

Let us journey  
with you



Our counselors  
facilitate a group of  
**bereaved  
Mums & Dads**  
as they  
*Share & Support  
each other...*

### How Still A Mum can help

Our vision is an Africa with lower child deaths and a society where bereaved parents receive outstanding support.

#### We have:

- 1. One on one counseling** – our trained counselors help bereaved parents in the journey towards healing.
  - Individual counseling.
  - Couples counseling.
  - Child counseling - for kids who need to process the loss of a sibling.
- 2. Physical support groups** – one of our counselors facilitates a group of bereaved Mums and Dads as they share and support each other.
- 3. Virtual support groups** – our counselors facilitate groups of bereaved Mums and Dads on WhatsApp and Facebook as they share and support each other. This option is for those who have no physical group meeting near them.

#### Get in touch:

📍 Office C2, Branton Court, Ndemi Lane off Ngong Road

🌐 [www.stillamum.com](http://www.stillamum.com)

📘 **General Page:** [Still A Mum](#)

**Support Group for bereaved parents:** [Still A Mum Support Group](#)

**Support group for parents pregnant after a loss:**

[Still A Mum Rainbow Parents](#)

🐦 [Still A Mum Africa](#)

📷 [Still A Mum](#)

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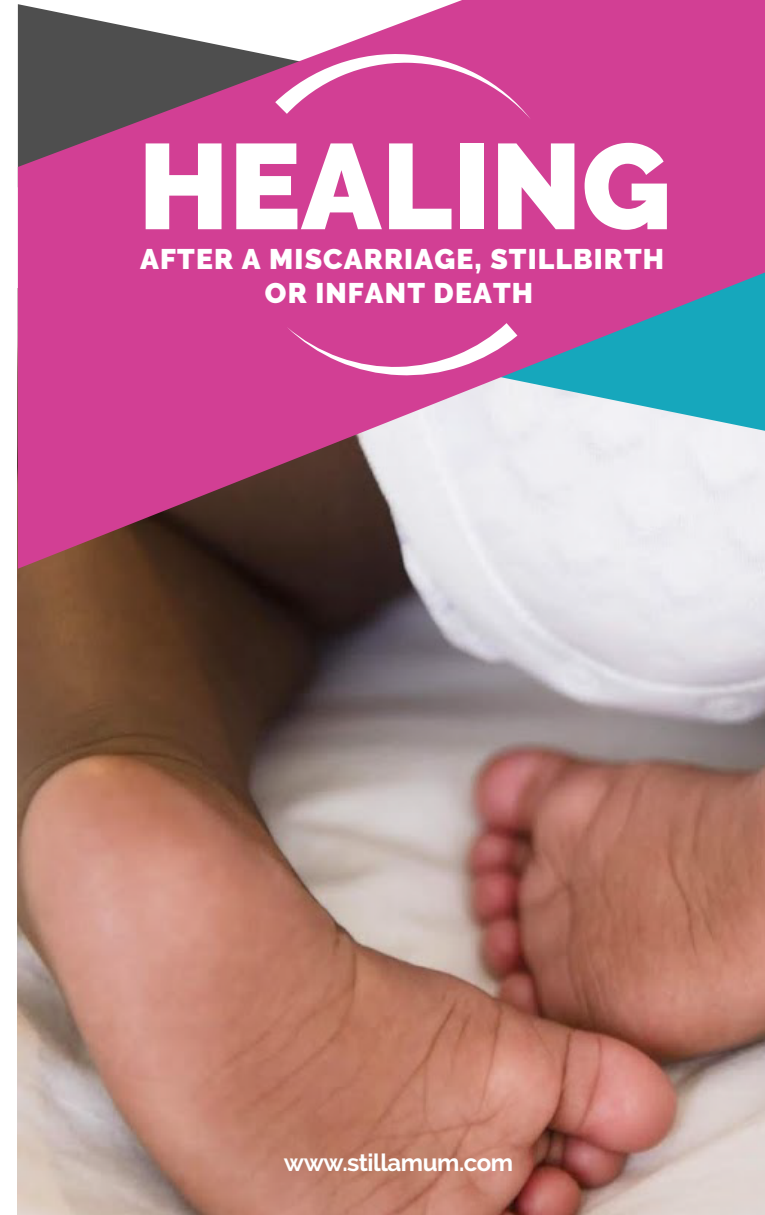
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Still A Mum  
SUPPORT • EDUCATE • ADVOCATE

**HEALING**  
AFTER A MISCARRIAGE, STILLBIRTH  
OR INFANT DEATH



[www.stillamum.com](http://www.stillamum.com)



“  
**Closure is a journey, begin it**  
”

Losing a baby is a very distressing experience. Apart from the emotional upset, sometimes you have to cope with physical trauma. If it was a miscarriage or stillbirth you have to face the loss of all the pregnancy meant to you as your body returns to normal.

### Spending time with your baby

Whether it was a loss during pregnancy or the death of an older child, it is good to spend time with your baby.

- Holding your baby may seem unnatural at first, but this is your only chance to hold, touch, and feel your baby. You may regret it later if you miss this opportunity.
- It's okay to explore your baby's body. Look at the feet, hands, belly, and bottom. Do what makes you feel comfortable or what you think will help your healing. Don't worry about what others think. They may not fully understand the value of spending time with your baby for the last time.

Counselors encourage people after a loss to find ways to begin the journey towards closure. Keeping some memories of your baby can be a good start and be a kind reminder that your baby matters. There are many ways to do so, here are some examples to consider:

### Making memories

- Your baby can be dressed for pictures. If you don't have items with you, the hospital may wrap the baby for you.
- It's okay to take pictures, including pictures of you and your family holding the baby. Taking pictures of your baby may feel strange at first, but remember that the pictures will become priceless treasures to you in the future.
- With simple paper and ink you can make footprints of your baby's feet to keep. Some hospitals can do this for you.
- It's normal to name your baby, and it helps in your grieving process. You and your family will want to remember this baby by his or her name.
- If you would like a small memorial service for your baby, let your family know and they will arrange for this.

### Your feelings

There is no right way to feel after child loss. While some women recover quickly, others take a long time. Some cope well at the time but find the pain of their loss hitting them later. You have lost a baby, so you will probably feel sad and may need time to grieve. That pain will lessen in time, although the memory of your loss will stay with you always.

Everyone's feelings are different, but many women experience some of these:

- |   |  |
|---|--|
| • Shock                                   | • Feeling tired all the time   |
| • Feeling numb                            | • Sleeping too much or too little  |
| • Sadness and crying                      | • Having no interest in sex  |
| • A sense of loss                         | • Talking about the loss all the time... or finding it too painful to discuss                          |
| • Feeling 'empty'                         | • Finding it painful to see pregnant women, babies or anything to do with motherhood                   |
| • Depression                              | • Acceptance – a feeling that 'these things happen'. Acceptance takes time so be patient with yourself |
| • Anger                                   |  |
| • Guilt                                   |  |
| • Feelings of failure                     |  |
| • Feeling isolated and lonely             |  |
| • Taking little interest in everyday life |  |
| • Finding it difficult to concentrate     |  |

You may have some of these feelings for the first time sometime after the loss. Or they may come back later – perhaps during milestones such as birthdays.