

PREGNANCY AFTER LOSS

Falling pregnant after loss does not 'fix' grief. A subsequent pregnancy can be filled with mixed emotions, fear, anxiety and dread.

It is impossible to repeat the experience of prenatal care, labor, and the birthing process without stimulating painful past memories. Rather than being a time of joy, expectation, and a new beginning, the subsequent pregnancy can become a reactivation of the previous event, causing fear and anxiety that death can happen again.

O'Leary (2005)



Anxiety in a subsequent pregnancy is common. Counselling can be helpful for managing anxious thoughts and feelings, and for creating a bond with the new baby whilst grieving the baby who died.

Reference

O'Leary, J. (2005). The trauma of ultrasound during a pregnancy following perinatal loss. *Journal of Loss and Trauma*, 10(2), 183-204.