



[Rainbow of Hope: Pregnancy After Loss Support Group](#)

Beginning April 1, 2020

Our local support group is an online peer-to-peer support group for those considering getting pregnant again after loss, trying to conceive after loss, pregnant after loss, and/or parenting after loss. The group will help connect families with similar stories, hopes, and fears. We will have a few “meet up” activities throughout the year.

To join this group, please go to: www.facebook.com/groups/RainbowofHopePAL

The group will be monitored by Brianne Tesla Bearese and Toresa Williams. For more information, contact Brianne Tesla Bearese at PAILAofWCMD@gmail.com.

***** We will schedule our first “meet up” after everything settles down with the covonavirus.**

[Pregnancy After Loss Support Website](#)

www.pregnancyafterlosssupport.org



Pregnancy After Loss Bill of Rights

<https://pregnancyafterlosssupport.org/pregnancy-after-loss-bill-rights/>

Pregnancy After Loss Affirmations

<https://pregnancyafterlosssupport.org/subscribe-to-our-newsletter/>

Books

“Joy at the End of the Rainbow: A Guide to Pregnancy After Loss”

By Amanda Ross-White

“Expecting Sunshine: A Journey of Grief, Healing, and Pregnancy After Loss”

By Alexis Marie Chute

“Pregnancy after a Loss: A Guide to Pregnancy after a Miscarriage, Stillbirth, or Infant Death”

By Carol Cirulli Lanham

“Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss”

By Ann Douglas and John R Sussman, M.D.

“Expecting with Hope: Claiming Joy When Expecting a Baby After Loss”

By Teske Drake

Books to Read to Your Rainbow Baby

“A Rainbow Baby Story: The Rainbow After the Storm”

By Crystal Falk and Kim Roman

“Happy Tears and Rainbow Babies”

By Natasha Carlow

“Patiently Waiting for Hope”

By Arnold Henry

“Perfectly Imperfect Family”

By Amie Lands”

“Our Little Rainbow”

By Sabrina M. Crawford

“These Precious Little People”

By Frankie Bunker

“To My Rainbow Baby with Love”

By Tamekia McCauley

“You are My Rainbow”

By Mary Kavacs

10 Facts about Pregnancy After Loss



In the U.S. 1 in 4 pregnancies ends in miscarriage, and 1 in 160 pregnancies end in stillbirth. These numbers do not include infant death from preterm labor, diagnosis of life-limiting conditions, or SIDS.

Studies show that fathers are also affected by the emotional stress of a subsequent pregnancy.



50-80%

50 - 80% of women who experience perinatal loss become pregnant again within 12 - 18 months after their loss.

Women who are pregnant again after a loss are at an increased risk for postpartum anxiety and depression, even after having a subsequent successful pregnancy and birth.



After a pregnancy loss or infant death, many will experience grief, confusion, anxiety, guilt and fear of loss in a subsequent pregnancy.

Psychological distress during a subsequent pregnancy increases the risk of chances of preterm labor and low birth weight, as well as having a difficult time of bonding with the baby born after loss.



A new pregnancy after a loss can activate a new layer of grief.

Education through awareness can promote health during subsequent pregnancies and help ensure safe and healthy deliveries.



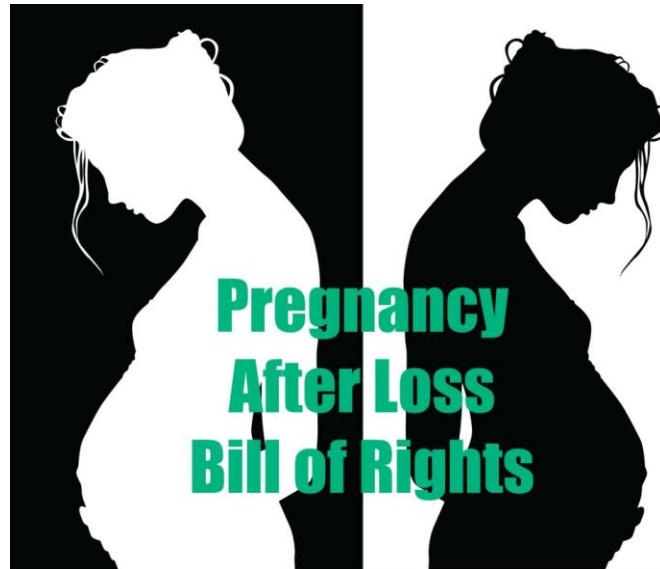
Women who are pregnant again after a loss report having higher symptoms of anxiety during their subsequent pregnancies compared to those who have not experienced loss.

Knowledge that there are resources available and others to turn to for compassion and guidance is an important aspect in the the journey of healing during a subsequent pregnancy.



References:

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- Gold, K., Boggs, M., Mugisha, E., Palladino, C., (2012). Internet message boards for pregnancy loss: Who's on-line and why? *Women's Health Issues*, 22-1, e67-e72.
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- O'Leary, J., Thonwick, C., Parker, L: *The baby leads the way: Supporting the emotional needs of families' pregnant following Perinatal loss*. 2nd edition. Edited by Ragland, K. Mpls, MN; 2012
- Wheeler, S. R. (2000). A Loss of Innocence and a Gain in Vulnerability: Subsequent Pregnancy after a Loss. *Illness, Crisis & Loss*, 8(3), 310.



My Pregnancy After Loss Bill of Rights

Written by Lindsey Henke

January 28, 2015

Pregnancy after loss is a unique and challenging journey, filled with grief, joy, fear, and hope. As you travel this road, embrace your Pregnancy After Loss Bill of Rights.

1. I have the right to grieve my child or children that have died and/or the previous pregnancies I have lost.
2. I have the right to be scared, anxious and afraid. I already know what it is like to lose.
3. I have the right to receive support. I need it now more than ever.
4. I have the right to seek assurance from others when needed.
5. I have the right to be believed by health care providers.
6. I have the right to plan for and have the birth experience I choose.
7. I have the right to not attend baby showers, birthday parties, holidays, and other events that are triggering for me.
8. I have the right to feel joy and hope for this new life I carry inside me.
9. I have the right NOT to be okay.
10. I have the right to remember my child(ren) that died and/or the previous pregnancy I have lost.
11. I have the right to celebrate or not celebrate this pregnancy.

For the expanded version, please visit
<https://pregnancyafterlossupport.org/pregnancy-after-loss-bill-rights/>