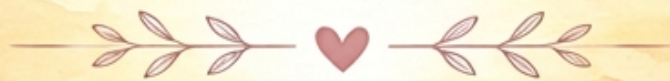


A Gentle Guide to
**Pregnant
After Loss**



Holding hope and fear together

A' MIRACLE HEALING

For the brave mama holding hope again

You are carrying two things at once - hope and fear. Both belong here. This little guide is not a checklist. It is a soft companion for the tender days between appointments, the waiting rooms, and the quiet nights when your mind will not rest. Read one page. Skip one. Come back when you need to. There is no right way to walk this path - only your way.

It is okay to feel hope and fear in the same breath. Both mean you love this baby already.

*** What I want this baby to know today...**

What you may be feeling

Pregnant after loss can feel like walking on a bridge you cannot fully trust. Please know these feelings are common - and none of them mean anything is wrong with you.

- A tender kind of joy that feels almost forbidden.
- Waves of guilt for feeling happy, or for feeling scared.
- Bracing for bad news, even on quiet days.
- Counting weeks, symptoms, kicks, silences.
- Feeling alone in a body that remembers grief.

Nothing about your feelings is wrong. Grief and hope can share the same heart.

*** Today, my heart is holding...**

Coping with anxiety between appointments

The days between ultrasounds and checkups can feel the longest. Here are small, tender ways to steady yourself.

- Hand on your belly, one long breath in for four, out for six. Repeat five times.
- Name three sounds you can hear right now. Then three things you can see.
- Text one safe person: "Would you sit with me for ten minutes?"
- Drink something warm. Wrap yourself in something soft.
- Let yourself cry without trying to solve it. Tears are also love.

*** One small thing that helps me feel a little safer...**

A letter to this baby

Sometimes the heart quiets when the hand starts writing. There are no wrong words.

*** Little one, today I want you to know...**

Gentle words to keep close

You are allowed to ask for the peace of mind you need. Keep these near for the tender days.

- I am doing the best I can with what I am carrying.
- My love for this baby is already whole.
- It is okay to ask for more reassurance when I need it.
- I do not have to explain my story to anyone I do not trust.
- I am allowed to rest, to cry, and to hope in the same day.

You are not being "too much." You are being a mother who has already loved and lost.

*** The soft words I most need to hear today...**

Holding both babies

The baby you lost is still yours. Loving this new baby does not replace them. Your heart is big enough for both.

- Say the older baby's name when it feels right.
- Light a candle on hard days for both.
- Tell this baby about their sibling, in your own way, in your own time.
- Let yourself have days that belong only to grief, and days that belong only to hope.

*** How I want to honor both of my babies...**

A small daily practice

One breath. One hand. One word. That is enough for today.

- Morning: one hand on your belly, one word for this baby.
- Midday: three slow breaths before the next thing on your list.
- Evening: one line in this book - anything you want them to know.

You do not need a perfect practice. You need a soft one.

*** One word I want to carry with me today...**