



# Information and support for partners



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Having a baby that dies is very sad and upsetting.



It is very hard for the person who gave birth to the baby.



But it is also very hard for a partner. You might feel very sad and upset yourself.



You might also need to:

- support the person to give birth to your baby



- plan a funeral for your baby



- talk to doctors at the hospital about what happened



It can be very hard to do these things. You might need help and support for yourself.



This leaflet gives you information about how to look after yourself.



It helps you make hard decisions about what to do when your baby dies.

## Telling other people



You might need to tell other people when your baby has died.

It is a good idea to ask for help when you can.



Ask 1 or 2 friends or family to help you. They can tell other people what has happened so you don't have to.



You can speak to other people when you are feeling up to it.



You might not want people to phone you at first. You can tell people to send you a card, email or text instead.



You can ask people for help with things at home if you need to. Things like:

- looking after children



- cleaning the house



- cooking



## How you feel

It is very stressful when your baby dies. You may have lots of feelings all at once.



These feelings might be different to how your partner feels. You might not feel sad at the same time. This can be very hard.



You might have some days when you feel sad and some days when you feel better. This is ok.



You might find it hard to talk to people about how you feel. We can help you when you feel ready.



# Times that might be hard for you



There are some times when it might be even harder for you. This might be when friends and family get together for things like:



- Christmas



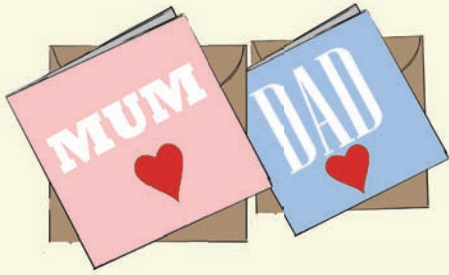
- Diwali



- Eid



- Hanukkah



It can also be very hard on Mother's Day or Father's Day.

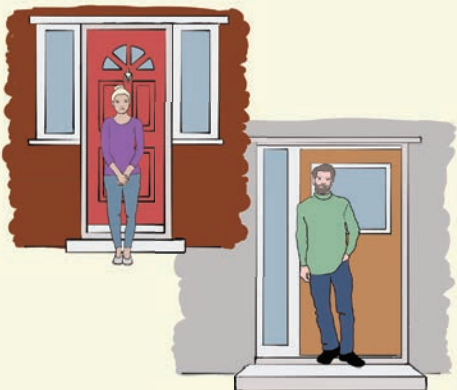


You might be very sad and miss your baby at these times. It is a good idea to do something special to remember your baby.

## Feeling alone



Lots of families feel sad together when a baby dies.



But you might not be with your partner anymore.





It is very hard to feel sad by yourself.  
You may need to ask for support from  
friends and family.



You might find it helpful to:

- cry



- talk about your baby



- write down how you feel



- keep some special things to help  
you remember your baby.

## Talking to other people



It might be helpful to talk to other people who have had a baby that died. They will understand how you feel.



You can also contact us for more help and support.



We have different support groups for you to meet people.



We also have football teams that can help men get together. You can talk to each other and feel better by playing football.



You can find more information at our website:

**[www.sands.org.uk/sandsunited](http://www.sands.org.uk/sandsunited)**



## **Contact us**

If you need help and support you can contact us.



**Phone:**

**0808 164 3332**



**Email:**

**[helpline@sands.org.uk](mailto:helpline@sands.org.uk)**



**Online:**

**[www.sands.community](http://www.sands.community)**