

Preparing for Loss

Getting the news - For most of our lives, before we reach the age of even thinking about children, we know without reservation that we will have children. There is never a question of if we will be able to. When we get older that version of the future does not really change for many people. Many people still are able to see all of this to fruition. They will get pregnant, and 40 weeks later they will have a baby, the baby will be healthy and they will bring their baby home. Unfortunately, this is not the case for everyone. ([read more](#))

Researching your baby's diagnosis - When your baby is diagnosed with a terminal condition, it is important for you to learn as much as you can about it. It may be that the prognosis you have received for your baby is not a certainty. There may be support organizations that have developed a community of families who have also received the same diagnosis. When you are armed with as much as you can find about your baby's condition, you are better equipped to discuss the details with your baby's healthcare providers. You can become part of the team with your doctors, and you then become your baby's advocate for whatever you decide is the right course of action.

Exploring your options - There is no easy way to face the pain that your much wanted child is not expected to live. You do have options, and decisions ahead of you. Regardless of the circumstances of your delivery, you might consider making a birth plan, preparing for collecting keepsakes and making memories, and having your family as involved as possible leading up to and including the birth of your baby. Visit our Community Forum to ask others what they have done or are planning to do. There are no wrong decisions that are made out of love for your child. Please know that you are not alone.

Preparing for your baby's birth - Birth plans

Keepsake and Remembrance Ideas and Advice

About Anticipatory Grief - When you become aware that your living or unborn child is ill and is expected to soon die, there is a pre-death sort of mourning that occurs called anticipatory grief. You begin to think of a future without your baby, mourning their future absence and the all of the dreams and hopes you had associated to their future with you. ([read more](#))