

PREGNANCY AFTER LOSS



Pregnancy after loss is a sacred dance
between hope and fear



Hello!

If you are reading this, your journey here has undoubtedly been marked by loss, grief, longing or pain. Culture's understanding of pregnancy after loss indicates a misunderstanding, believing it erases the past loss, decreases the impact of the wait or allows you to experience your current pregnancy full of joy, optimism and hope.

We at Tennessee Reproductive Therapy understand that pregnancy after loss is an experience of cautious optimism, hypervigilant cognition, overwhelming anxiety and worry that history will repeat itself. It is a collision of hope and fear.

We have created this resource as a team, to help support you through the next few months. People still trying to conceive lament about the two-week-wait. Now, you are in the forty-week-wait, which seems overwhelming. However, as you pass each milestone, (ideally) the fear will decrease and the excitement over meeting your sweet one will increase.

During a pregnancy after loss, fear of the past, fear of the present and fear of the future all coexist together. The job is to reconcile the past so you can stay present in the moment while finding balance to walk into the future.

If you find that you are needing more mental health support than what is offered in this guide, we invite you to reach out for therapeutic support with one of our experienced clinicians.

Sincerely,

Cathie, Leighton & Leslie
Tennessee Reproductive Therapy

Tennessee Reproductive Therapy offers mental health support to individuals and couples through the life stages of infertility, pregnancy loss, pregnancy, postpartum, and adoption in Tennessee.

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Pregnancy Test or Beta Draw

The two-week wait is over and your body is ready to tell you whether or not it is pregnant. If you have gotten a positive pregnancy test that did not result in a live birth, this can be a triggering event that can send your thoughts into anxious places. This is good news though. A milestone to be celebrated and honored, even if you're holding your breath.



First Ultrasound

Depending on the week of your first pregnancy, you may be able to hear your baby's heartbeat. This is a huge step towards viability of your pregnancy.

End of First Trimester

The end of the first trimester signals our first major milestone after we hear the heartbeat. We know that the risk of another miscarriage doesn't decrease to zero percent; however, your risk of miscarriage does significantly decrease.



Additional Ultrasounds

Depending on the length of your fertility journey, your loss history or how closely you are being monitored, your doctor may recommend additional ultrasounds prior to the twenty-week anatomy scan. Any additional ultrasound is an opportunity to calm your nerves when you see your baby is still growing.



Anatomy Scan

This is the highly anticipated moment when you are able to find out the sex of your baby. This will also be the scan where the doctor's scan your baby in its entirety to make sure that the baby is healthy and that all the anatomy is where it is supposed to be.

Viability

The American College of Obstetricians and Gynecologists estimates that a fetus' minimum viability for survival outside of the womb is at twenty-four weeks. While a fetus would have to spend extensive time in the NICU to help support its continued development, a baby born at twenty-four weeks has a chance for survival.



Weekly OBGYN Visits

In the final weeks of your pregnancy, your appointments with your birth provider will become weekly. This is to closely monitor how you and your baby progress into the birth process.

During your wait, don't forget to create your postpartum plan. You can find a free resource on our website.



Nesting

You have waited all this time for more than just this pregnancy. While preparing the nursery may feel risky for some, remember how many milestones have passed already and how few you have left to go.

Delivery & Leaving the Hospital

Congratulations! You did it. While a baby was just born, so were you as a mother.

Don't forget to take care of yourself and your mental health.

Please contact us if you need support for the postpartum season. We are still here for you!



Milestone: _____

What emotions do we feel about this milestone? _____

How can we honor this milestone? _____

What events does this milestone trigger? _____

What are we telling people? _____

Who are we telling? _____

Faith purchase: _____

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What are you looking forward to?

Our brains often get trapped by our need to get pregnant again after a loss. We live in a suspended state of time where our key motivations are getting and staying pregnant. We often encourage our clients to plan other things to look forward to rather than the pregnancy milestones that we have already discussed.

Consider chatting with your partner about other things that you can look forward to. Perhaps, plan something that you would look forward to for the week after a big appointment. As we focus on getting pregnant, our mindshift changes from living in a world of things we enjoy, to creating a world of things we have to do to get pregnant. During this time where you are trying to stay present between milestones, reengage in some old hobbies, pastimes or things that make you excited about life.

Alternatively, allow yourself permission to buy something for the baby/nursery after a significant appointment. As you cross off significant milestones, allow yourself to be more present

This is also a perfect opportunity to for you take care of yourself: mind, body and soul. Consider engaging in more self-care practices that you can implement during pregnancy and beyond.

Self-care tips:

- Go for a walk
- See a concert
- Plant a garden
- Go on a date
- Plan your babymoon
- Read a book
- Journal to the baby
- Buy a new candle
- Schedule a therapy appointment
- Plan a game night
- Get a massage
- Prayer/meditation
- Take deep breaths
- Take a day off
- Pamper yourself
- Call your best friend
- Affirm yourself
- Take a day off social media
- Bake something sweet
- Get crafty
- Pick up an old hobby
- Stay in a hotel
- Explore your city
- Walk in nature
- Declutter 10 items
- Diffuse essential oils
- Clean up your beauty routine

**Visit our website to download
your next free resource:**

The Fourth Trimester: Creating A Postpartum Plan



www.tennessee-reproductivetherapy.com

MEET OUR TEAM

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CATHIE
THERAPIST
& OWNER



LESLIE
MEDICATION
MANAGEMENT



LEIGHTON
THERAPIST

We believe that maternal and reproductive mental health matters and we are committed to helping you prepare for parenthood, regardless of where you are in your story.

We believe that the story of each individual is important and we are committed to welcoming every story, diversity, culture and background.

We are committed to creating accessibility to care, believing that that everyone deserves the best support.

We believe in women, honoring the beauty and individuality of your story.

We believe in relationships, supporting their complexities, fighting for your intimacy, and assisting you on your path to parenthood.

Tennessee Reproductive Therapy is committed to supporting you, journeying with you, and walking you into parenthood.

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