With the loss of one, more, or all of your precious babies, it may feel as if you are not only falling into a deep, dark, very black abyss, but also that you are being pulled inside out at the same time. It might feel as if you will never recover from the pain that brings pressure within your chest and threatens to choke you. After the initial shock and denial, there comes a conscious decision to work through your grief. At times there will still be very painful periods, but you will begin to notice some signs of healing. The following are some tips others have found helpful in taking care of yourself.

1. **Learn all you can about grief.** There are many books on grief available. Some of these are listed here under Additional Resources and you may find them helpful. Remember that grief is very personal, is a journey and not a destination and there is no right or wrong way to grieve. The right way is your way!

2. **Give yourself permission to grieve** – to feel the pain and accept the reality of your loss(es). You have been dealt a serious blow. It will be necessary to take the time to grieve.

3. **Be patient with the process.** It takes a long time. While in many aspects of your life you may expect immediate results, grief is different and each person grieves differently. You are accommodating a new reality. Take the time you need. Be patient and gentle with yourself.

4. **Get plenty of rest and eat nutritiously.** Your body needs rest, nutritious snacks or meals and plenty of fluids while you are recovering from emotional stress. The desire to eat or drink is often missing in those initial painful days.

5. **Treat yourself occasionally** – you’re worth it! Things that add beauty or peace to your life will comfort and encourage you. Activities such as massage therapy or yoga can work wonders.

6. **Find people with whom you can share your loss.** Many newly bereaved people find a great deal of support and encouragement from bereavement support groups. You may find it helpful to talk with your doctor, clergy person, funeral director, counsellor or good friend. The Loss of Multiples Support Network has helpful support literature, a quarterly newsletter, *Forever Angels*, and confidential e-mail communication between its members.

7. **Time to reflect on and reassess your life.** What did you gain from the relationship you had, however brief it was? How will that relationship sustain and guide you now? How is this experience changing you? The greatest tribute you can pay your loved ones is that you learned and experienced personal growth from them. This on-going influence in your life will help you carry on. No matter how brief their life(ves), their impact remains.

8. **Draw on the resources of your faith.** Let whatever helps you make sense out of life sustain you at this time. The journey through grief is a spiritual one. Allow your spirituality to become a focus of your life. Listen to the words and music of your spirituality. Let them speak to you and give you courage and hope for your journey.

The grieving process has the potential for transforming you. If you can say “yes” to that concept, then life will be renewed. You will live, love and feel peace again.
How Can You Help Yourself?
Dealing With Grief

Other Organizations
Centre for Loss in Multiple Birth (CLIMB), Alaska E-mail: climb@pobox.alaska.net

Additional Resources
Multiple Births Canada Publications
- The Loss of a Multiple: Miscarriage, Stillbirth, Infant, Multiple Births Canada
- The Loss of a Multiple: Childhood, Teens, Multiple Births Canada
- The Loss of a Multiple: The Role of a Parent of Multiples Club, Multiple Births Canada
- The Loss of One, More or All Babies, Multiple Births Canada Fact Sheet series
- Holidays & Grief, Multiple Births Canada Fact Sheet series
- Talking to Your Child About Death, Multiple Births Canada Fact Sheet series
- Grief: How can I Help?, Multiple Births Canada Fact Sheet series
- Grieving Grandparents, Multiple Births Canada Fact Sheet series
- Pregnancy After Loss, Multiple Births Canada Fact Sheet series
- Suggestions for Widows/Widowers, Multiple Births Canada Fact Sheet series

Other Publications
- Living When A Loved One has Died, Earl A Grollman, Boston, Beacon Press, 1977
- On Children and Death, Elisabeth Kubler-Ross, Collier Books, 1983

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Your Source for Information on Multiple Births
Supporting Multiple Births Together