

**Helping Siblings After A  
Pregnancy Loss.**

# Welcome.

This book has tried to be as general as possible, but there might be some things that don't sound very familiar to you. We think this book is best to go through with a parent, teacher or adult you trust first and they'll be able to explain anything you don't understand.

Can you draw a picture of yourself here?

Your Name:







Can you draw a picture of your family here?

Family Name:

# Where Is The Baby?

Perhaps mummy told you there was going to be a new baby in your family. She may even have had a bump. There was probably a lot of excitement to meet your new sibling!





But the bump disappeared and the baby died.  
Mummy may have gone to hospital, or she may have  
stayed at home.

The baby wasn't able to live outside your Mummy's  
tummy as it wasn't big or strong enough. There  
was nothing you or anyone could have done - it is  
nobody's fault.





# How do You Feel?



## I Don't Know.

It's okay if you don't know how to feel.



## Sad.

Are you feeling sad that the baby died?

## Worried.

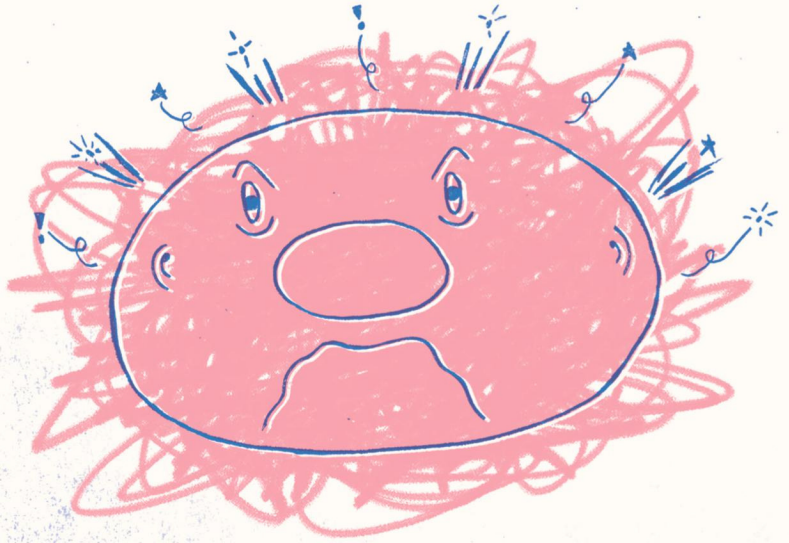
Are you worried about your parents and the rest of your family?





## Angry.

Are you feeling angry that the baby died?



## Upset.

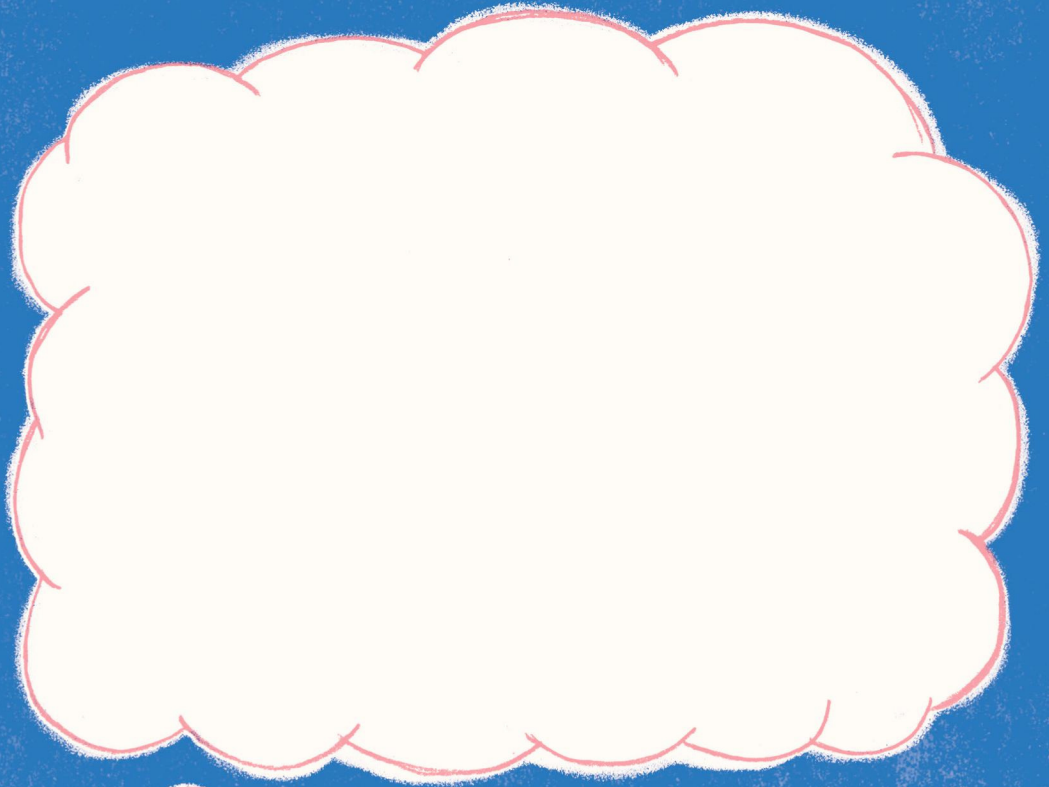
Do you feel upset to see your parents upset too?



You can feel lots of things at the same time too!

# Can You Show How You Feel?

In the thought bubble can you draw or describe how you feel? It's okay if you're not sure too!







## Is Everyone Else Okay?

Your parents may feel different things at different times. They may also feel confused, sad, worried, angry or upset. This is all part of their grieving process. It is not your fault and you can't fix it.

# Remembering The Baby.

## Speak To Someone.

Speak to someone close to you about how you are doing. It can feel good to get your thoughts out into the air. You could speak to a friend, a grandparent, a cousin, a teacher, a parent, a carer - or someone else!

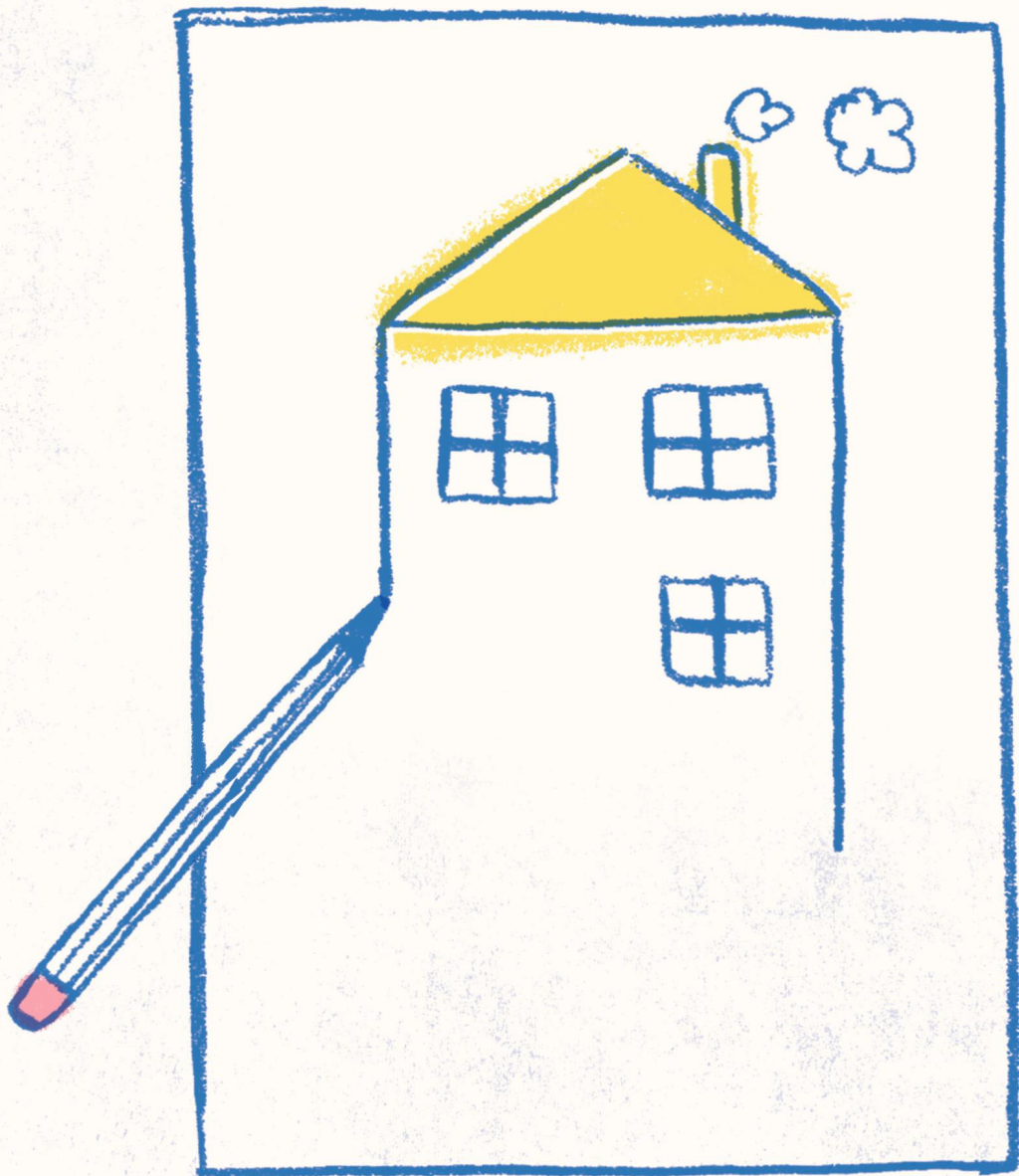
# How Are You?

## Make A Button Picture.

Get your friends and family to choose a button for the baby. Ask them why they chose it and gather the buttons together. Glue them down in a nice pattern on some cardboard. Hang up your button mosaic so that you never forget the baby.

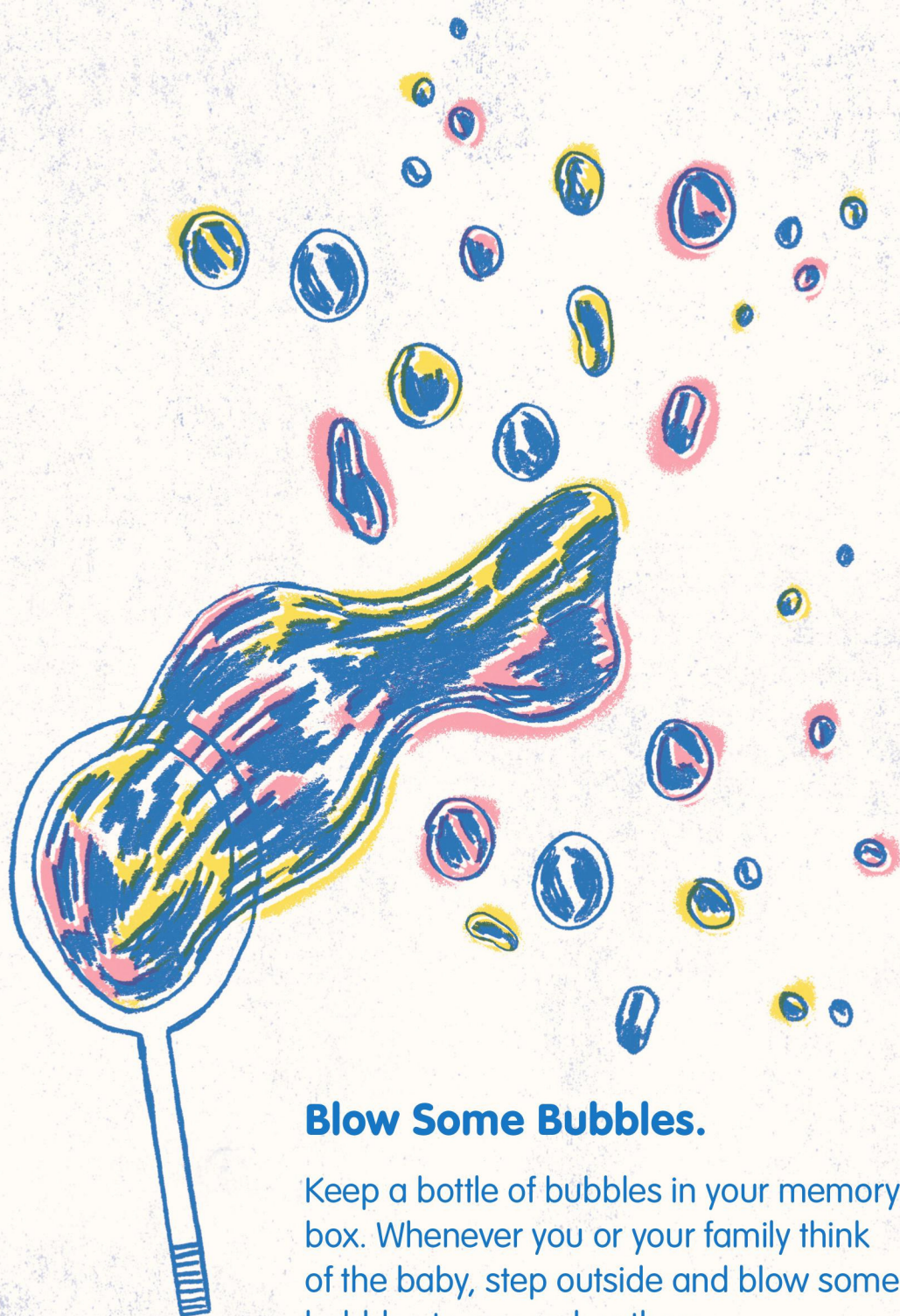






## Draw A Picture.

Draw a picture to say goodbye to the baby. It could be of your family, your pet, or you at home.



## **Blow Some Bubbles.**

Keep a bottle of bubbles in your memory box. Whenever you or your family think of the baby, step outside and blow some bubbles to remember them.





## Get Outside.

Getting some fresh air and enjoying nature can be a great way to get help. Get outside, if you can, and appreciate the colours, wildlife and scenery around you.





[www.siblingsupport.co.uk](http://www.siblingsupport.co.uk)

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