



YOUR BODY, YOUR MIND

CARING FOR YOURSELF AFTER PREGNANCY LOSS

During this emotional time, it is important to take care of yourself and keep your body healthy.

EMOTIONAL HEALTH

- Grief is overwhelming at times, but that is normal. You are not alone if you feel this way. Working through grief is a process; your feelings will change over time. If these feelings become too much, talk to your doctor.
- A support group may help you in the healing process. Talking with other people who have lost a baby will help you through this time.

NUTRITION

You may not feel hungry when you are grieving. However, good nutrition will help your body heal.

- Eat regular, small meals.
- Have healthy snacks.
- Make foods that look and smell good.
- Continue to take your prenatal vitamin or a multivitamin.

WIC PROVIDES FOOD WITH THE NUTRITION YOUR BODY NEEDS TO RECOVER

- Protein in eggs, peanut butter, and beans to repair tissues in your body.
- Iron in beans, lentils, and cereal to keep your blood healthy and oxygen-rich.
- Vitamins and minerals from fruits and vegetables to aid in healing.
- Calcium in milk, cheese, and yogurt to keep your bones and teeth healthy and strong.





LACTATION

- You may have breastmilk come in, which can be a difficult reminder of your loss. You can choose to pump and donate your breastmilk, or you can take steps to dry up your milk. A lactation consultant or your doctor can help.

RESOURCES

There are many resources available that can provide support for you.

- **Your doctor:** See your doctor to make sure your body is healthy. She may be able to tell you about support groups you can attend through your clinic or hospital.
- **WIC:** You are able to stay on WIC for 6 months after a loss to receive support, nutrition counseling, and food to keep your body well.
- **Support groups:** A good place to start is the Minnesota Center for Stillbirth and Infant Loss (<https://starlegacyfoundation.org/mncsid/>).
- **Ask WIC staff about local resources**

