



## **Experiencing the loss of a baby**

Experiencing the loss of a baby is one of the toughest events in life some women and men go through. It is such a deeply personal event that many people find it a struggle to talk about what they are feeling, and those around them don't understand, let alone know quite how to help.

The recent story in Coronation Street with Michelle and Steve losing their baby at 23 weeks highlighted some of the difficulties around losing a baby at that stage and some of the distress that not having official recognition can cause. Whatever the stage of pregnancy a loss occurred at it is your baby and your loss. Your emotions are your own and there is no right or wrong way to feel or behave.

If you have experienced the loss of a baby the Perinatal Counsellor at CFC can help support you through the experience and find a way to go forward in your life. The service is open to Mums and Dads who want support having experienced loss of a baby at any stage of pregnancy or after birth. It is also there for support in other issues around pregnancy and birth such as postnatal depression, miscarriage and infertility.

For further information or to book an appointment to see the Perinatal Counsellor please contact us or email @ [perinatal@thecfc.org.uk](mailto:perinatal@thecfc.org.uk)