

your baby mattered

miscarriage, stillbirth, the loss of a baby in early pregnancy or in the first days, these are real losses. a real child. real grief. the world is often clumsy with this, and silent in a way that deepens the pain. so let this be said clearly, and kept: your baby mattered. the hopes, the names, the future you had already begun to imagine, all of it was real, even if no one else met them.

you did not lose ‘nothing’. you lost everything that child was going to be. that grief is whole, and it is allowed.

WHAT IS TRUE, HOWEVER BRIEFLY THEY WERE HERE

there is no threshold of weeks a baby must reach to be worth grieving. love does not wait for a due date.

you are allowed to call them your baby, to give them a name, to speak of them out loud.

the bond you felt was not imagined. you were already their parent.

an early loss can carry a particular loneliness, because so few people knew, but your grief is no smaller for being private.

GENTLE TRUTHS TO KEEP

you are allowed to grieve fully. not 'a little', not 'quietly', not 'and try again soon'.
as fully as any parent grieves any child.

you may grieve the future, too. the first day of school you pictured, the person
they might have become. you grieve not only who they were, but everything
they were going to be.

their existence is yours to honour. a name, a candle, a small ritual, a tree, these are
yours to claim. your baby existed, and you are allowed to mark that they were here.

let every feeling have room. profound grief and the quiet wish to protect
others from it, love and anger, can share the same hour. none of it is
a betrayal of them.

IF THE DAYS FEEL UNBEARABLE

if you are struggling to carry on, please reach out. you should not have
to hold this alone.

SADAG (South African Depression and Anxiety Group): 0800 567 567

Lifeline South Africa: 0861 322 322

your baby was real. there is space here for both.