



# Early Miscarriage

*What could I have done  
differently?*

**YOUR MISCARRIAGE IS NOT YOUR FAULT. THERE IS  
USUALLY NOTHING YOU COULD HAVE DONE  
DIFFERENTLY TO SAVE YOUR BABY.**

# What is an early miscarriage?

A PREGNANCY THAT IS IN THE FIRST THREE MONTHS IS CONSIDERED A EARLY MISCARRIAGE. EARLY MISCARRIAGE HAPPENS WHEN A BABY STOPS GROWING AND DIES IN THE WOMB.

## Why does early miscarriage happen?

TYPICALLY THE BABY DID NOT FORM OR IMPLANT CORRECTLY.

UNFORTUNATELY 1 IN 5 PREGNANCIES END IN MISCARRIAGE. NOTHING CAN BE DONE TO PREVENT MISCARRIAGE FROM OCCURRING IF A PREGNANCY IS DEVELOPING ABNORMALLY

## Life after miscarriage

LOSING YOUR BABY IS A DEEP PERSONAL EXPERIENCE. EVERYONE HANDLES THE LOSS DIFFERENTLY.

HERE ARE SOME IDEAS ON HOW TO HONOR AND REMEMBER YOUR BABY:

- GIVE BABY A NAME
- TAKE PICTURES OF MOM'S BELLY
- TAKE PICTURES WITH DAD HOLDING MOM'S BELLY. (INCLUDE SIBLING, GRANDPARENTS, ETC.)
- ULTRASOUND PICTURES
- HAVE BIRTHDAY CAKE AND SING
- "HAPPY BIRTHDAY"
- BRING FLOWERS OR ROSES
- ASK FOR A CERTIFICATE OF LIFE BY CONTACTING GRIEVING THE CHILD
- GET A BLANKET SPECIALLY FOR BABY
- GET A BELLY CAST CREATED

# MISCARRIAGE HOME BIRTH KIT

## *What is in my kit?*

- "HAT" FOR TOILET
- WHITE STRAINER
- CONTAINER - TO PLACE BABY IN.
- RUBBER GLOVES - TO WEAR WHILE RETRIEVING FROM TOILET AND/OR CLEANING OFF BABY.

## *What else you need and why*

- HEAVY MAXI PADS (DO NOT USE TAMPONS)
- GAUZE - USE IN LIEU OF A TOWEL/WASH CLOTH, SOFTER. CAN ALSO BE PLACED BETWEEN BABY AND FABRIC/CLOTH/WRAP TO ABSORB FLUID & MOISTURE.
- TOWELS - TO CATCH/CLEAN UP FLUIDS.
- MUSIC/COMFORT ITEMS
- SUPPORT PERSON - IT IS UNWISE TO DELIVER YOUR BABY ALONE, SOMEONE SHOULD BE WITH YOU.
- PHONE - IN CASE OF EMERGENCY.
- CAMERA - TAKE PICTURES.
- SHEET OF TINFOIL/PLASTIC WRAP/WAX PAPER - A PLACE TO LAY, CLEAN OFF AND LOOK AT YOUR BABY.
- TWEEZERS/TOOTHPICKS - TO CLEAN OFF BABY.
- CLEAR GLASS CONTAINER - FILLED WITH SALINE SOLUTION IT CAN ENHANCE BABY'S FEATURES SO YOU CAN VIEW HIM OR HER MORE FULLY AND NATURALLY.
- WATER - IT IS IMPORTANT TO KEEP HYDRATED.
- LIGHT SNACK TO KEEP YOUR ENERGY UP

# MISCARRIAGE HOME BIRTH PLAN

## What to expect

YOU WILL EXPERIENCE LABOR. YOU ARE GIVING BIRTH.

- MANY WOMEN ARE SURPRISED BY THE INTENSITY OF THE CRAMPING / CONTRACTIONS.
- USING DEEP BREATHING EXERCISES CAN HELP YOU RELAX AND COPE WITH THE PAIN.
- HEATING PAD, ICE PACK OR A RICE SOCK CAN BE USED FOR HOT AND COLD THERAPY TO BRING RELIEF.
- BLEEDING & CRAMPING/CONTRACTIONS SHOULD BEGIN WITHIN TWO WEEKS OF THE DEATH OF YOUR BABY, BUT MAY TAKE LONGER.
- DO NOT USE A DOUCHE OR AN ENEMA.
- LABOR WILL REACH THE HEIGHT OF INTENSITY RIGHT BEFORE THE BIRTH OF YOUR BABY.
- AT THIS TIME, AND FOR THE FIRST HOUR AFTER BABY IS BORN, BLEEDING MAY INTENSIFY, BUT YOU SHOULD NOT FILL A HEAVY MAXI PAD SOONER THAN A HALF HOUR.
- AFTER THE FIRST HOUR, BLEEDING SHOULD BEGIN TO LESSEN. IF YOU ARE BLEEDING MORE HEAVILY THAN EXPECTED (FILLING A HEAVY MAXI PAD SOONER THAN ONE HOUR AT A TIME), CALL YOUR DOCTOR OR GO TO THE EMERGENCY ROOM. SOMETIMES BLEEDING WILL STOP ENTIRELY FOR HOURS OR EVEN DAYS BEFORE RETURNING.
- THE PLACENTA WILL LIKELY BE EXPELLED IN BERRY-SIZED PIECES THROUGHOUT LABOR.
- IF YOUR BABY IS BORN IN THEIR AMNIOTIC SAC, HE OR SHE MAY APPEAR TO LOOK VERY SIMILAR TO THE PIECES OF EXPELLED PLACENTA.
- SMALL, FLESHY, PIECES OF DISCHARGE ARE PROBABLY PIECES OF YOUR UTERINE LINING.
- KNOW YOUR BABY MAY BE PHYSICALLY UNIDENTIFIABLE.
- DEPENDING ON WHEN YOUR BABY PASSED AND OTHER FACTORS, YOUR BABY'S CONDITION UPON
- DELIVERY CAN VARY.
- THEY MAY NOT BE BORN FULLY INTACT OR THEY MAY BE BORN INTACT AND VERY EASY TO IDENTIFY. THERE HAVE BEEN CASES WHERE BABIES, EVEN AT VERY EARLY GESTATIONS, HAVE IDENTIFIABLE FEATURES, INCLUDING NOSE, EARS, HANDS, FEET, AND EYES. OTHER TIMES IT IS HARD TO DETERMINE BABY FROM THE PLACENTA AND CLOTTING.

# What to do


1. PLACE THE "HAT" IN YOUR TOILET. YOU CAN USE THE STRAINER INSTEAD TO BE PLACED UNDER YOUR VAGINA.
2. LAY OUT THE SHEET OF TINFOIL/PLASTIC WRAP/WAX PAPER ON YOUR BATHROOM COUNTER OR ANY FLAT SURFACE. WHEN YOUR BABY IS BORN, PLACE BABY ON THE FOIL/WRAP/PAPER.
3. USE TWEEZERS, TOOTHPICKS OR YOUR FINGERS TO GENTLY CLEAN YOUR BABY OFF AND MOVE THEM. TOILET PAPER, FACIAL TISSUE, PAPER TOWEL AND COTTON SWABS WILL STICK TO YOUR BABY'S FRAGILE SKIN AND MAY CAUSE TEARING.
4. PHYSICAL CHANGES HAPPEN QUICKLY AFTER BIRTH. PLACING YOUR BABY INTO THE CONTAINER WITH SALINE SOLUTION CAN ENHANCE THEIR FEATURES AGAIN AND WILL TEMPORARILY PRESERVE BABY. THE SALINE HELPS TO SEE THE BABY LIKE WHEN THEY WERE IN YOUR WOMB. THE SALINE SOLUTION NEEDS TO BE CHANGED EVERY 4 HOURS.
5. NAME YOUR BABY.
6. TAKE PHOTOGRAPHS.
7. READ OR SING TO YOUR BABY.
8. MAKE MEMORIES.
9. WHEN THE TIME FEELS RIGHT, YOU CAN WRAP BABY IN A PIECE OF FABRIC/CLOTH OR WRAP AND PLACE YOUR BABY IN A SPECIAL BOX OR IN A CONTAINER OF YOUR CHOICE. PUTTING A TINY PIECE OF GAUZE UNDER BABY WILL ABSORB ANY FLUIDS AND PREVENT SOILING OF THE CLOTH OR WRAP. IT WILL ALSO HELP STABILIZE BABY. IT IS IMPORTANT TO SUPPORT BABY WHEN YOU MOVE THEM, AS LITTLE ONES BORN IN EARLY GESTATIONS ARE QUITE FRAGILE.
10. INVITE FAMILY, FRIENDS, A SPIRITUAL COUNSELOR AND/OR ANYONE YOU'D LIKE TO COME BE WITH YOU AND MEET YOUR BABY.
11. PLEASE KNOW SOME MAY CHOOSE NOT TO SEE YOUR BABY. IT IS HELPFUL TO PRESENT BABY IN A CLOTH OR WRAP. A TINY TEDDY BEAR IS INCLUDED AND YOU CAN TUCK THE BEAR INTO THE WRAP FROM BABY AND KEEP FOREVER.

*If you do not wish to view your baby or can not identify the baby*

WHEN FLUSHING IS UNAVOIDABLE, CONSIDER WRITING A NOTE TO YOUR BABY ON A SMALL PIECE OF TISSUE PAPER OR TOILET PAPER AND FLUSHING IT WITH OR AFTER.

YOU CAN CHOOSE TO BURY ALL THAT IS DELIVERED EVEN IF YOU DID NOT OR CHOOSE NOT TO SEE YOUR BABY.

# After care



HAVE SOMEONE STAY THE NIGHT WITH YOU.

FOLLOW UP WITH YOUR OB.

YOU WILL HAVE BLEEDING AND DISCHARGE (LOCHIA) FOR THE NEXT 1-3 WEEKS.  
BE MINDFUL OF THE SIGNS OF POSTPARTUM DEPRESSION (PPD).

TALK TO SOMEONE ABOUT HOW YOU ARE FEELING. CONSIDER JOINING A SUPPORT  
GROUP WITH GRIEVING THE CHILD

## *If you need to transfer to a hospital:*

BRING EVERYTHING YOU PASSED/DELIVERED TO THE HOSPITAL. YOU CAN BRING THIS  
IN A PLASTIC STORAGE BAG OR ANOTHER CONTAINER AND CARRY IT IN A SHOPPING  
SACK.

BABY CAN COME IN THE PLASTIC CONTAINER OR THE SPECIAL BOX.

BRING A CHANGE OF CLOTHES AND EXTRA MAXI PADS.

ASK TO TAKE YOUR BABY HOME WITH YOU OR FOR YOUR BABY TO BE RETURNED TO  
YOU AFTER ANY TESTING. MANY STATES ALLOW FOR HOME BURIALS AND HOSPITALS  
MAY BE UNAWARE OF THIS POSSIBILITY.

BRING A TEDDY BEAR (INCLUDED) OR BLANKET TO HOLD.

# Gestational Ages:

- 4 WEEKS- BABY IS CONSIDERED A “BLASTOCYST”; MICROSCOPIC.
- 5 WEEKS- THE EMBRYO LOOKS LIKE A TADPOLE, AND IT’S THE SIZE OF A SESAME SEED.
- 6 WEEKS- YOUR BABY IS LIKELY ABOUT THE SIZE OF A SWEET PEA. YOUR BABY HAS MICROSCOPIC ARM AND LEG BUDS.
- 7 WEEKS- YOUR BABY IS LIKELY ABOUT THE SIZE OF A BLUEBERRY. THE BABY’S NOSTRILS MAY BECOME VISIBLE AND EYES MAY BE VISIBLE AS DARK ROUND SPOTS.
- 8 WEEKS- YOUR BABY IS LIKELY ABOUT THE SIZE OF A KIDNEY BEAN, 1/2 INCH LONG. THE BABY’S NOSTRILS MAY BECOME VISIBLE, EYES MAY BE VISIBLE AS DARK ROUND SPOTS, YOU MAY BE ABLE TO DETECT ARMS & LEGS.
- 9 WEEKS- YOUR BABY IS LIKELY ABOUT THE SIZE OF A GRAPE, ABOUT 3/4 INCH LONG. THE BABY’S NOSTRILS MAY BECOME VISIBLE, EYES MAY BE VISIBLE AS DARK ROUND SPOTS, YOU MAY BE ABLE TO DETECT ARMS & LEGS.
- 10 WEEKS - YOUR BABY IS LIKELY TO BE ABOUT THE SIZE OF A STRAWBERRY, ABOUT AN INCH LONG. YOUR BABY MAY RESEMBLE THE SHAPE OF A BABY, THE BABY’S NOSTRILS MAY BECOME VISIBLE, EYES MAY BE VISIBLE AS DARK ROUND SPOTS, YOU MAY BE ABLE TO DETECT ARMS & LEGS, MOUTH & EARS.
- 11 WEEKS- YOUR BABY IS LIKELY TO BE ABOUT THE SIZE OF A FIG, JUST OVER 1.5 INCHES LONG FROM HEAD TO BOTTOM. YOUR BABY MAY RESEMBLE THE SHAPE OF A BABY, THE BABY’S NOSTRILS MAY BECOME VISIBLE, EYES MAY BE VISIBLE AS DARK ROUND SPOTS, YOU MAY BE ABLE TO DETECT ARMS & LEGS, MOUTH & EARS, FINGERS & TOES.
- 12 WEEKS- YOUR BABY IS LIKELY JUST OVER 2 INCHES FROM HEAD TO BOTTOM. YOUR BABY MAY RESEMBLE THE SHAPE OF A BABY, THE BABY’S NOSTRILS MAY BECOME VISIBLE, EYES MAY BE VISIBLE AS DARK ROUND SPOTS, YOU MAY BE ABLE TO DETECT ARMS & LEGS, MOUTH & EARS, FINGERS & TOES.
- 13 WEEKS- YOUR BABY IS LIKELY TO MEASURE ABOUT 3 INCHES FROM HEAD TO BOTTOM. YOUR BABY MAY RESEMBLE THE SHAPE OF A BABY, THE BABY’S NOSTRILS MAY BECOME VISIBLE, EYES MAY BE VISIBLE AS DARK ROUND SPOTS, YOU MAY BE ABLE TO DETECT ARMS & LEGS, MOUTH & EARS, FINGERS & TOES.
- 14 WEEKS- YOUR BABY IS LIKELY TO MEASURE ABOUT 4 INCHES FROM HEAD TO BOTTOM. YOUR BABY MAY WEIGH ABOUT 2 OUNCES. YOUR BABY MAY RESEMBLE THE SHAPE OF A BABY, THE BABY’S NOSTRILS MAY BECOME VISIBLE, EYES MAY BE VISIBLE AS DARK ROUND SPOTS, YOU MAY BE ABLE TO DETECT ARMS & LEGS, MOUTH & EARS, FINGERS & TOES