

Support Resources for Partners After a Miscarriage

General tips for self-care:

- Open up about your feelings.
- Talk with your partner.
- Make sure to get enough sleep.
- Eat well. Small, frequent meals can be helpful if you don't feel very hungry or have less appetite.
- Find some way to recognize and mark your loss.



Podcasts:

- The Miscarriage Dads Podcast
- Still Parents Podcast
- Men and Miscarriage: Coping With Loss
- Guys and Grief
- Dad Still Standing



Websites and online articles:

Resource	QR code
"Dads Grieve Too": 5 Ways to Acknowledge and Support Grieving Fathers in the Aftermath of Pregnancy and Infant Loss: PerinatalSupport.org/dads-grieve-too-5-ways-to-acknowledge-and-support-grieving-fathers-in-the-aftermath-of-pregnancy-and-infant-loss	

Resource	QR code
The Miscarriage Association: MiscarriageAssociation.org.uk	
“Resources for LGBTQ+ families experiencing loss and pregnancy after loss”: PregnancyAfterLossSupport.org/resources-for-lgbtq-families-experiencing-loss-and-pregnancy-after-loss	
LGBTQ+ Families: Return to Zero (RTZ) HOPE: RTZHOPE.org/lgbtq	
Postpartum Support International (PSI): postpartum.net	

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