



# Postpartum Care of Indiana

All About Mama

NAVIGATING POSTPARTUM  
THROUGH GRIEF



# WE SEE YOU, MAMA

**grief**, noun

**definition:** (1) a deep and poignant distress caused by or as if by bereavement (2) a cause of such suffering

**synonyms:** anguish, heartache, heartbreak, sorrow, misery, sadness, pain, distress, suffering, despair

## A NOTE FROM KENDALL, RN

Hi sweet mama,  
I see you...I'm a fellow grief mama who lost her sweet baby the summer of 2021. And if you're anything like me, you've been blindsided by your loss. Firstly, I'm so very sorry. Secondly, navigating postpartum is anything but easy; navigating postpartum through grief is undeniably difficult.

In this guide, I have provided some important things to remember as you learn to navigate your grief and manage your health through this postpartum journey and beyond. PPCI will be here to help support you physically, mentally, and emotionally with resources and nursing care. I want you to know, *you are not alone*.



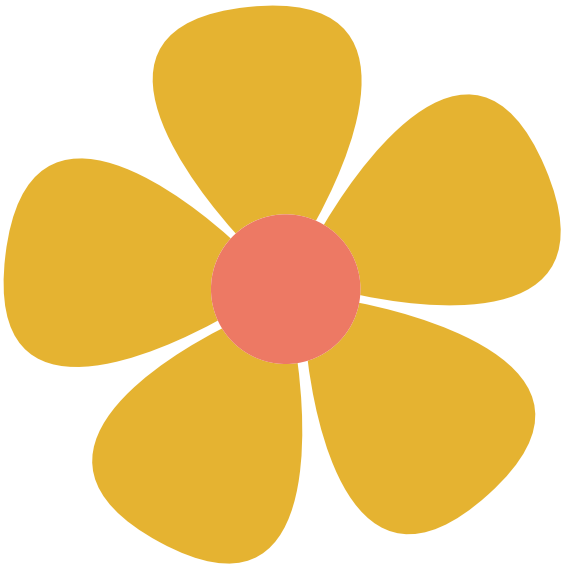
## SUPPORTING YOUR MENTAL HEALTH

Supporting yourself through grief and bereavement is incredibly important. Experiencing the loss of a pregnancy or infant brings unimaginable pain, grief, and isolation. PPCI provides non-judgmental support, information, and connection with others. Take a deeper dive into our postpartum depression and anxiety guide if needed!

Here are some ways to support your **mental health**:

- Counseling
- Meditation
- Listening to music
- Journaling
- Reading
- Adult coloring book
- Medication (anxiety, depression, PTSD, insomnia)
- Talking with your partner
- Rest/sleep when able
- Turn off electronic devices

## SUPPORTING YOUR MENTAL HEALTH CONTINUED



- **Identify triggers**
  - Triggers can be everywhere and anything
  - They can stay the same or be extremely fluid
  - Sights, smells, and sounds may trigger extreme emotions and physical symptoms
  - Some triggers may include: social media announcements, doctor appointments, ultrasounds, baby items, and many more.
- **Connect with your partner when you can**
  - You and your partner have just experienced a deep and profound loss. Lean on one another.
  - Your husband or partner can help support you by making or bringing you meals, making sure you stay hydrated, watching your favorite show together, rubbing your back, or handling difficult conversations with friends and family.

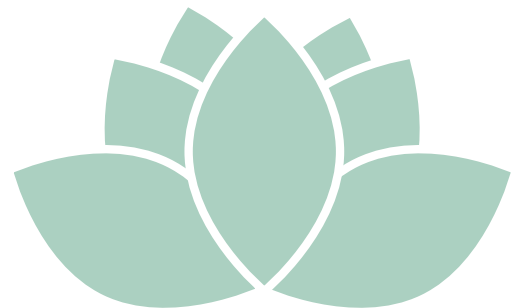
Navigating any kind of grief is hard. You may need the help and support of your OB and/or PCP for medical management to help with anxiety, depression, and/or insomnia. And that is OKAY. Postpartum mood disorders, including anxiety and depression, can look different for every mom...couple that with all of the feelings associated with your loss. **It is heavy.** Please remember to ask for help when you need it.

## SUPPORTING YOUR PHYSICAL HEALTH

It is important to remember that you will still be experiencing postpartum physical symptoms. PPCI has an entire postpartum nutrition guide if you need further guidance.

Here are a few ways to support your **physical health**:

- Rest, take a nap
- Walking
- Light exercise (for example: yoga, stretching)
- Take a bath
- Provide yourself with good nutrition
- Stay hydrated
- Follow the instructions provided by your OB/GYN



# SUPPORTING YOUR PHYSICAL HEALTH CONTINUED

**Other physical changes may also occur during the postpartum phase, including lactation.** Your body may naturally respond by lactating. There are resources available to help stop lactation. Reach out to your OB provider or a lactation consultant before your “normal” 6-week check-up for tips on supporting your body to stop lactating. If pumping and donating your milk is something you feel called to do, know that that is also an option. Whatever choice you make is the right one.

**Self-care is incredibly important and necessary for any mama.** And don’t forget, you are still a mama...that title has not and will not gone away. Give yourself grace, grace, and even more grace. Find space to take care of yourself mentally and physically in these first few days and weeks.

**And once you’re ready, commemorate your baby.** Your baby will always be your baby. Plant a tree, release balloons, buy a wind chime, have a service or funeral, light a candle, say their name, plant flowers...again, whatever you decide to do, if anything, is the right decision.



You are seen, heard, and loved, mama. We are here for you! Please reach out to me if you need to make an appointment to come to provide you with a customized bereavement postpartum care plan:  
Kendall@PPCareIndy.com



## REFERRALS

- Therapist:
  - Emily Kitchen Therapy
  - EmilyKitchenTherapy@gmail.com
  - 765-562-9227
- Postpartum Support International
  - [www.postpartum.net](http://www.postpartum.net)

\*The information on this document is intended to be general and educational in nature, and is not specific medical advice. The material provided on this document is for informative purposes only. Our goal at PPCI is to educate families about postpartum and all it entails. In medicine, there are often divergent approaches to therapy, and different approaches to the same problem may all be valid. If you need specific postpartum advice, please contact the office for an appointment. No provider-client relationship exists until the practice confirms the appointment, and you have been seen by the Nurse Practitioner or Nurse. If you are having a medical emergency, please call 911.