



## Grief of Grandparents

Resolve Through Sharing®  
BEREAVEMENT SERVICES

*You want to take away the hurt and take it on yourself, what is impossible. - A grandchild*

*As a parent, you probably remember seeing your little son or daughter get hurt. You would wrap them up in your arms, kiss the oozes, and somehow the hurt went away.*

*The pain your child feels today cannot be fogged away. Your child's loss of a baby through miscarriage, stillbirth, or newborn death may have caused a pain deeper than you have ever experienced before. At the same time, you may feel powerless to do anything to help the ones you love.*

*The pain you feel as a grandparent is compounded by the feelings you have for your own child.*

# GUNDERSEN HEALTH SYSTEM®

Where Caring Meets Excellence

©Copyright 1984-2012 - All Rights Reserved. Gundersen Lutheran Medical Foundation, Inc. No part of this material may be reproduced in any form or by any means including photocopying. The leaf and teardrop and Resolve Through Sharing are registered trademarks of Gundersen Lutheran Medical Foundation, Inc.

Printed in the United States of America.  
RTS4118-E\_FathersGrfBrchr\_y10.13\_FINAL  
[www.bereavementservices.org](http://www.bereavementservices.org)

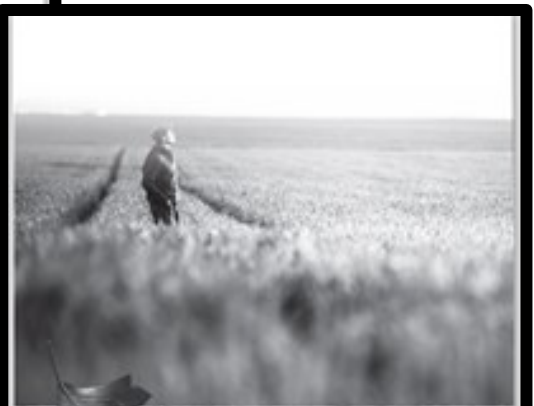


## Loss of One or More Multiples

Resolve Through Sharing®  
BEREAVEMENT SERVICES

*A special kind of parenthood*

*Learning that you are pregnant with more than one baby can be viewed as a blessing to some or an unexpected burden for others. With the increase in ART (assisted reproductive technology), the news often comes after many heart-breaking years of fertility problems and a great deal of financial and emotional cost. For others, thinking about the realities of carrying, delivering, and raising multiples seem almost too much to bear. Sooner or later, however, most parents become excited about their multiples and look forward to this special kind of parenthood.*



## A Father's Grief

Resolve Through Sharing®  
BEREAVEMENT SERVICES

*You don't cry - but you may find yourself crying alone some day.*

*I have to be strong for her - but you may need someone to hold you.*

*If only I had seen this baby was - but would that change how things turned out?*

### Challenging Traditional Attitudes about Grief

*There will be many opportunities for you to grieve. Each of us goes through the process of grief and loss in our own way. From the moment you learn that the pregnancy has ended, that your baby has died, you may discover that some people have definite ideas of how you should respond to your loss. Some of those ideas may be similar to the quotes above - how you should feel, what you should think, what you should do. Many of these "shoulds" are based on how we are socialized as boys and girls, men and women.*