

# Teen Parents

When your baby has died

Being pregnant as a teenager is filled with many emotions. Excitement, fear, embarrassment, anger, or joy—there really is no one right way to feel. No matter how you felt when you found out, you knew your whole life was changing. And then nothing went the way it was supposed to. You were told your baby died.

*But, you are still a parent.* It doesn't matter if you were pregnant for weeks or months, you will grieve and feel sad. You may also feel relieved, numb, or angry. You may cry a lot or not at all. You may feel the need to stay busy, or you may not feel like doing anything at all. Just like when you found out you were pregnant, *there is no right or wrong way to feel* when your baby has died.

## What Will Help You Heal

- Talking to a professional counselor
- Surrounding yourself with family and friends who love and support you
- Finding an online pregnancy loss support group for teen parents
- Being outdoors in nature
- Eating nourishing food, drinking water
- Getting enough sleep
- Moving your body

## What Won't Help You Heal

- Alcohol, drugs, caffeine
- Isolating yourself
- Engaging in risky behaviors
- Rushing into another pregnancy
- Staying in an unhealthy relationship
- Making drastic decisions about your life

## It Is Normal to Want to Be Pregnant Again

**Before moving forward, allow yourself time to process what has happened.** Ask yourself these questions:

- *Do I want a baby so that I have someone to love or someone who loves me?*
- *Do I want a baby to fill the emptiness inside me?*
- *Do I live in an abusive home or am I in an abusive relationship?*
- *Am I living under a lot of stress?*
- *Do I have enough money to raise a baby?*
- *Do I want to finish school first?*

### ***Be kind to yourself.***

It can be helpful to allow close relatives or friends to take care of your basic needs, such as meals, laundry, or cleaning. This gives you permission to focus on caring for yourself and grieving.



For more information, resources, and support, scan or visit [Janesroom.org](https://www.janesroom.org).

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