

## How you can help dads

Sometimes others around you may not know how to help and so this section is for them.

Remember them - often parents will say that friends stopped inviting them to the pub or out for coffee. It may be out of awkwardness or it may be thinking that they wouldn't want to go. Don't make that decision for them.

Transparency is key. It is important that your support is led by them. It is always advisable to ask dads (and mums) if they want to talk about their loss and accept their decision. We would always encourage people to talk but you must respect their decision and give them space if they need it. If they do want to talk, listen without judgement and without offering advice and do not offer consolation phrases such as 'at least you have other children' or 'you can always try again.'

You can help them by making some meals or asking them if there is anything that you can do to help on a practical level.

If they have named their baby, refer to their baby by name.

Remember important dates, such as the due date and anniversary dates.

## Further Support:

Morgan's Wings Cardiff is a not-for-profit group that supports anyone affected by miscarriage. You can find us on Facebook, Instagram and twitter. We offer talk support and group support as well as raising awareness of miscarriage. Email: [info@morgans-wings.co.uk](mailto:info@morgans-wings.co.uk) Website: <https://www.morgans-wings.co.uk/>

The Junction Cardiff is a non-judgmental counselling service that provides a caring and safe atmosphere for you to talk confidentially to one of their trained advisors. Address: 166 Richmond Road Cardiff, CF24 3BX. Telephone: 07807 608009 Email: [info@thejunctioncardiff.org](mailto:info@thejunctioncardiff.org)

Beam Therapy is a relaxed and confidential service that uses different techniques to enable the fastest and most effective treatment. For more information visit their website: <https://www.beamholistic.co.uk/therapy>.

*"The thing I found hardest about this period was that I couldn't 'fix it'. Jude was in real emotional turmoil and there was nothing I could really do except hold her. "* - **Geoff Davies**

Morgan's Wings

<https://www.morgans-wings.co.uk>

<https://www.facebook.com/morganswings>

Or e-mail us on [info@morgans-wings.co.uk](mailto:info@morgans-wings.co.uk)

# Dads Mental Health and Miscarriage



Supporting Parents  
Going Through  
Miscarriage

## Miscarriage

Men can often be forgotten where miscarriage is concerned and this can be because the mum is physically going through the miscarriage and her needs must be addressed immediately. We know that dads can be just as affected as mums and sometimes will have to deal with seeing someone they love in so much pain. Here we recognise that dads are affected by miscarriage too and look at what you can do to help yourself or the man in your life. Dads will often grieve differently to mums. This may be down to the expectations of society, the feeling that they have to 'be strong'. Being strong is getting out of bed even when you don't feel like it, alternatively, being strong is not getting out of bed as you recognise that is what you need.

Although it may be hard to accept, it's important to know that there is no known answer for why miscarriage generally happens. In most cases it is not something you or your partner may or may not have done. 85% of miscarriages occur during the first trimester and these are generally caused by chromosomal abnormalities or by issues with the placenta. Miscarriages during the second trimester are much less common than during the first trimester and may happen as a result of an underlying health issue or cervical weakness.

## How miscarriage can affect dads

**Physically** - Although dads don't physically go through a miscarriage they can also be physically impacted. Many men report feeling physically exhausted. They may find that they are taking on more of the domestic role, whilst grieving and can be left exhausted. Dads may also find that they aren't sleeping properly and even if they are, they may still feel exhausted. Grief can also cause your body to release stress hormones that will cause your body to ache and you may suffer from colds, cold sores etc. You may have problems under or over eating and this can cause indigestion problems. You may experience symptoms of anxiety such as being jumpy, heart palpitations and tightness in your chest. Dads can be at risk of developing PTSD as a result of seeing their partner going through the miscarriage, this can cause flashbacks and nightmares. You may need to seek further support to help you process this.

**Emotionally** - You may experience a range of emotions such as sadness, anger, numbness, preoccupation, confusion, disbelief and guilt. All these feelings are absolutely normal. At times you may experience negative thoughts. We have a video on our website titled Dealing with Negative Thoughts after Miscarriage that may be helpful.

**Spiritually** - If you are a spiritual person you may find yourself questioning your faith. This can be fleeting but can have longer-term implications.

**Relationships** - Miscarriage can have an impact on all of your relationships. Miscarriage can cause you to change as you struggle to cope with what has happened. You may find that you are less tolerant than before. You may distance yourself from family that have young children or are pregnant themselves. All of this is absolutely normal.

## Coping tips

Everyone is different and will cope with miscarriage differently and therefore some of these tips may or may not help. It really is a case of trying and practicing regularly.

**Exercise** - Exercise helps release natural 'feel good chemicals'

**Healthy Eating**—Make sure that you eat healthily. This can help boost your immune system and lessen the chance of indigestion issues.

**Journaling** - Dads don't always feel that they can talk to others but documenting your journey can be therapeutic.

**Support** – Join a support group. Follow Morgan's Wings for updates on support groups in Cardiff. Alternatively see Further Support.

**Counselling** – Counselling can be really helpful but unfortunately the waiting lists are generally quite long. Speak to your employer who may have an employee access scheme.

**Get Outdoors** - We know it's the last thing that you may feel like doing but being surrounded by nature has been proven to be good for your well-being.

**Practicing Mindfulness**- Mindfulness is about being in the here and now and really tuning into your body.

**Commemorate your baby**—We have some lovely ideas on our blog <https://miscarriagematters.morgans-wings.co.uk/2020/07/09/commemorating-your-baby-after-miscarriage/>

Whilst it is important to have something to help you cope you must ensure that this is not at the expense of your grief. Part of grieving is allowing yourself to feel those emotions and not denying them.