

20 blog post topics you can write about miscarriage, stillbirth, and infant loss:

1. Ten community resources for families who have experienced a perinatal loss
2. How doulas help families through loss
3. A beautiful grief ritual I learned about recently
4. Four mental health resources for loss parents and siblings
5. Five ways pregnancy after a loss can feel different (and how a doula can help)
6. What else you grieve after a loss (hopes, dreams, expectations, futures)
7. Three ways to take care of yourself when you have no energy
8. Three types of breathing to try when you're stressed
9. How to ask your family and friends for help
10. Five local therapists you should know (specialists in grief, loss, eating disorders, perinatal mood and anxiety disorders, and identity shifts)
11. Five local resources for perinatal hospice and palliative care
12. Three things to know about secondary infertility after pregnancy loss
13. Four online support groups for grieving parents
14. Two tips for finding supportive online communities after a loss
15. Four songs that I'm listening to during Pregnancy and Infant Loss Awareness Month
16. Three tips for ultrasound appointments if you've had bad experiences there before
17. Six things to know about fear and pregnancy
18. Three ways to find out if what you're feeling is healthy or not
19. A free mindfulness meditation on finding joy in a pregnancy filled with worry
20. Five pregnancy loss symbols to know

Haven Bereavement Doulas
Dr. Abby Jorgensen, Director
bereavementdoulas.com



For more resources and ideas for companioning loss families in your community, visit bereavementdoulas.com.