

Lactation After Loss

Milk may come in 2–5 days after birth, even after loss. This can be very emotional.

Your Choices

- Let milk dry up naturally: Wear a snug but not tight bra, use breast pads for leakage, and avoid stimulating breasts. Continue hand expressing of breast milk and slowly stop to avoid discomfort.
- Donate milk: Some find comfort in donating to a milk bank. Ask your care provider about options.

It's normal to feel upset or conflicted about lactation. Do what feels right for you. If you develop painful, red breasts or feel unwell, seek medical advice (this may indicate an infection, such as mastitis).

- Lactation After Loss



- Breastfeeding Clinics and Support: Available through Interior Health



- La Leche League Canada



- Donating Milk



Resources (Provincial & National)

- MyGrief.ca

Grief education and support



- [Pregnancy & Infant Loss Support Centre](http://PregnancyAndInfantLossSupportCentre.ca)

Free counselling and groups



- [Pregnancy and Infant Loss Network](http://PregnancyAndInfantLossNetwork.ca)



- [After the Loss of your Baby](http://AfterTheLossOfYourBaby.ca)



- [Bereavement \(Canadian Premature Babies Foundation\)](http://BereavementCPBF.ca)



- [BCAPOP
Perinatal Loss](http://BCAPOP.ca)



- [Pacific Postpartum Support Society](http://PacificPostpartumSupportSociety.ca)



Interior Health

After the Loss of Your Baby



Coping with Grief

Losing a baby is life-altering. Grief is a normal response, and everyone's journey is different. You may feel many emotions like sadness, anger, confusion, or even numbness. All of these feelings are okay.

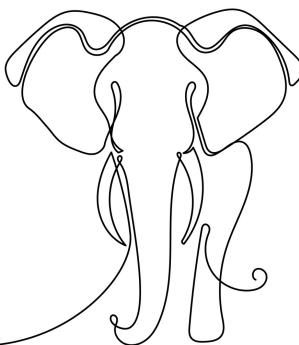
Grief can affect the body and mind. It may lead to mood changes, crying, trouble sleeping, and changes in eating habits.

Allow yourself to feel and express your emotions. Crying, talking, writing, or making art can help.

Take breaks from grieving when needed. This is not disloyal to your baby.

Each family member may grieve in their own way. Respect each other's process.

If you are struggling, support groups and mental health professionals can help.



The elephant is a powerful symbol of wisdom, strength, and patience. It is often said that an elephant never forgets the ones it loves.

Taking Care of You

Grief is exhausting. Caring for yourself is important, even if it feels hard.

Physical Wellness

- Follow NESTS to support your well-being:
 - Nutrition: Try to eat nourishing foods.
 - Exercise: Gentle activity, such as walking, can ease stress.
 - Sleep and Rest: Rest when able. Sleep may be difficult, but it often improves with time.
 - Time for Yourself: Try to find time for you to relax.
 - Support: Ask for help. Be kind to yourself.
- Consider a postpartum physiotherapist for healing and support.

Mental, Emotional, and Spiritual Wellness

- Express feelings in words, art, movement, or prayer.
- Speak with trusted people—family, friends, faith leaders, or elders.
- It's okay to ask others to update friends or coworkers for you if sharing feels too hard.
- If you struggle with daily life for many weeks, talk to your healthcare provider.



Interior Health Grief & Mental Health Support

- **Mental Health & Substance Use Services:** Call 310-MHSU (6478) for access to local services.

- **Interior Crisis Line Network:** 1-888-353-2273 (24/7)

- **Spiritual Health Services:** Available at Kelowna General, Royal Inland, Penticton, Vernon Jubilee, and other hospitals. Ask your Health Care Provider if this is available at your site.



- **Adult Mental Health Services**



- **FNHA Healing from Grief: Remember, Reflect, Connect**

